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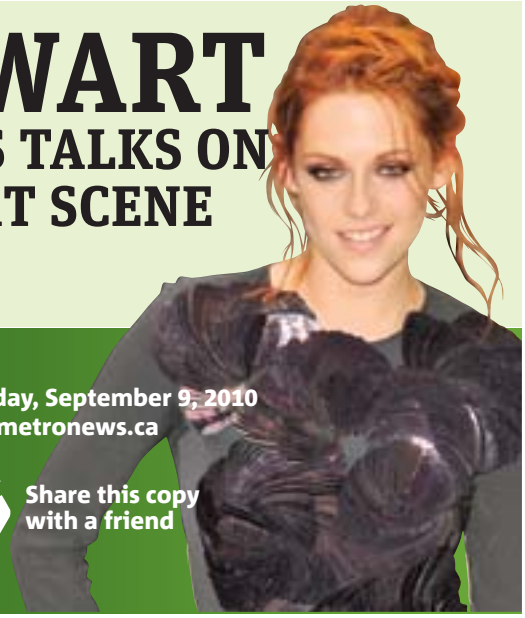
SMALL TOUCHES, BIG IMPACT
OPEN UP WITH SHINY ITEMS {page 26}

STEWART
ACTRESS TALKS ON MAKEOUT SCENE
DISH {page 18}



OTTAWA metro®
Thursday, September 9, 2010
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O'Brien 'not finished yet'

- Mayoral incumbent will 'never give up' on goal of zero per cent tax increase
- Will release financial plan to contain spending for next four years on Sunday

TRACEY TONG/METRO OTTAWA

▶ Larry O'Brien greets his supporters at the launch of his campaign in his bid for re-election in the ByWard Market as his wife, Colleen, looks on. O'Brien said he won't be endorsing any council candidates, but would work with whoever is elected.

Four years ago, the city elected "a political novice, with 26 years of business experience to change the city," said Mayor Larry O'Brien.

Last night, O'Brien pledged to ensure first responders have the resources they need, that there would be no moratorium on roads and to champion the formation of a transit commission free from political interference if he is re-elected.

"We're pretty proud of what we've done so far," said O'Brien at his campaign launch.

In the last four years, council has pushed the reset button on light rail, worked to protect the Ottawa River from pollution, got a funded plan to revitalize Lansdowne Park and started work on a new Ottawa Conference Centre, among other things.

"We've moved more projects ahead than any council since well before amalgamation," he said.

TRACEY TONG

Special feature

Scene & Heard in Ottawa

From wine tastings to the theatre and from music to butterflies, Metro's 12-page pullout section has it all {inside}

'Always aim high'

Ottawan who climbed Everest welcomes Carleton students back to school {page 4}

Missed connections

John Mazerolle on those fleeting moments of magic {page 13}

The power of the red heel

Fashion magnate talks sex appeal of footwear {page 20}

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All illustrations are artist's concept. All dimensions are approximate. Prices, specifications, terms and conditions subject to change without notice. E.&O.E.

City gets more beds for babies

Two community hospitals have each added four beds for babies who need extra care at birth. The Ministry of Health and Long-Term Care funded the initiative at the Montfort Hospital and Queensway Carleton Hospital. Previously, the Champlain region had one of Ontario's largest bed deficits for this population.

The beds relieve pressure on the neonatal intensive care units at the Ottawa Hospital and the Children's Hospital of Eastern Ontario, allowing them to focus on the most critically ill babies. TRACEY TONG

Cops probe robbery attempt

Police are investigating an attempted robbery at the Cash Money Store at 113 Rideau St. On Tuesday night, a man showed the clerk a note demanding cash. The suspect fled on foot towards the Rideau Centre. No weapon was seen, no cash was obtained and there were no injuries. Police are seeking a black male, possibly in his late teens, wearing a white sweater, red shirt and blue jeans. TRACEY TONG

Taylor to launch campaign

Mayoral candidate Charlie Taylor officially launches his campaign at the Rainbow Bistro in the ByWard Market at 7 p.m. today.

Taylor said the event is a chance for individuals to discuss the key issues. TRACEY TONG

TIM WIECLAWSKI/METRO OTTAWA

▶ Mayoral candidate Jim Watson speaks to a supporter during a campaign relaunch yesterday evening at Tudor Hall.

Watson aims at O'Brien

Despite most polls showing him with a comfortable lead, candidate says he still campaigns as if he is 20 points behind

TIM WIECLAWSKI
@METRONEWS.CA

On an evening when Larry O'Brien was kicking off his campaign in the ByWard Market, Jim Watson took aim at his nearest rival, calling "zero means zero" one of the biggest broken promises in political history.

Watson took the stage at Tudor Hall in south Ottawa for his own kickoff party about 20 minutes after O'Brien was scheduled to deliver his speech.

He claimed to have attracted a crowd five times the size of the one that attended O'Brien's.

In his speech, Watson criticized O'Brien for saying he has no regrets about the way he handled the OC Transpo strike.

That shows a lack of respect for the people who experienced real hardship during that strike, he said.

With six weeks left in the campaign, Watson said he has yet to release several key pieces of his platform such as the environment, housing, tourism and transit.

Promises

Before both campaign kickoff parties, the Watson campaign released a statement critical of Mayor Larry O'Brien's record on taxes and transit.

- The release pointed to residential property tax increases of 14 per cent over four years despite O'Brien's "zero means zero" promise.
- Under O'Brien, the statement said, the cost of the Industrial Avenue bus garage increased from $60 million to $97 million. It added transit fares have risen by 25 per cent and transit ridership has fallen 3.1 per cent for this year.

1 news

News on the move

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On the web at metronews.ca

Prison watchdog urges less isolation for mentally ill inmates in new report. Video at metronews.ca/canada

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Council approves stimulus projects

TIM WIECLAWSKI/METRO OTTAWA

Despite expressing dismay that it was not consulted earlier, city council has approved $18 million worth of additional infrastructure stimulus projects.

The extra projects were made possible after the initial list of more than $400 million worth of projects came $30 million under budget. The new projects were intended to use the rest of the money, which comes from the federal, provincial and municipal levels. However, councillors are upset they had no say about which new projects are taken up.

Several items seemed more like "nice-to-have projects," but not a priority, said Cumberland Ward Coun. Rob Jellett, pointing out maintenance sheds for OC Transpo and $75,000 for landscaping around the Greely Library.

Wayne Newell, the city's director of infrastructure services, said the projects were chosen based on what could be completed before the March 31 deadline for federal and provincial funding.

"I'm not satisfied with how the list was drawn up. I don't like the fact that we're only spending $18 million of the $30 million. We're saying no to $12 million, that's crazy."
CUMBERLAND WARD COUN. ROB JELLETT

Councillors will have a chance to add projects for the remaining $12 million at the next council meeting. Council voted to ask for a six-month extension for the additional projects.

TIM WIECLAWSKI

OC TRANSPO

Reduced fares for seniors on hold

Reduced fares for seniors riding OC Transpo will have to wait until council starts wrestling with the city budget.

A motion to immediately reduce the ticket fare for seniors was put off until budget discussions, since such a reduction would create a $1-million shortfall for transit services, OC Transpo general manager Alain Mercier said yesterday.

Gloucester-South Nepean Coun. Steve Desroches said the item should be discussed in the budget context since it will have an impact on next year's budget.

In order to follow procedure, Bay Ward Coun. Alex Cullen put forward a motion to direct staff to prepare a submission to be considered during the budget.

Mercier said they would prepare a report for the 2011 budget deliberations that include the reductions.

TIM WIECLAWSKI

TRACEY TONG/METRO OTTAWA

▶ Using HDVideo, Skype and social media sites such as Facebook and Twitter, Elia Saikaly — who delivered the keynote address at Carleton's new student convocation yesterday — shared his journey to the top of Mount Everest last May with 20,000 Canadian students.

'Aim high,' urges Everest climber

'It was the most amazing moment of my life,' Ottawa adventurer says of reaching the top of Mount Everest Elia Saikaly tells students to 'realize the power that you have to live your passions to create the storybook of your lives and your dreams ... This is your opportunity'

TRACEY TONG
@METRONEWS.CA

They may not be climbing the world's highest peaks anytime soon, or communing with polar bears in the Far North. Nor may they want to.

But an Ottawa-based adventurer, philanthropist and television host still had some good advice for first-year university students at Carleton's new student convocation yesterday.

Nearing the top of Mount Everest's 29,035-foot summit several years ago, Elia Saikaly fought the effects of the extreme altitude, avalanches and dangerous temperatures.

"When things got extremely difficult, I had to remind myself of the reason why I was going through this," said Saikaly, who was climbing in memory of a friend who had passed away.

"But I believe that the chance was worth taking because, sometimes, it's through those chances that we find (something) at the end of the road or the top of a mountain."

"Sometimes, what we find is something no one can give us or no one can teach us. And this is my journey ... I was discovering who I was."
ELIA SAIKALY, ADVENTURER

He made the difficult decision to turn around, but earlier this year, Saikaly finally stood on the top of Mount Everest.

"Embrace the moment," Saikaly told students yesterday. "Always aim high. Embrace the challenges that lie ahead.

"I leave you with one final question — that was my journey of finding life. What's yours?"

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Canadian cities to face literacy issues: Report

Ottawa predicted to see 80 per cent surge in low-literacy adults, to nearly half a million in 2031

Canada's four largest cities are expected to see growth in the number of adults with low literacy skills by 2031, with the biggest surge projected for the capital, according to a report released yesterday.

Canada may be among the leaders of industrialized nations and rank among the best-educated countries, but the report from the Canadian Council on Learning suggests the country is hardly immune from literacy problems within the population.

Low literacy is defined by the Organization for Economic Co-operation and Development's International Adult Literacy Skills Survey as difficulty in reading, understanding and functioning effectively with written materials.

The council's report projects there will be little change in the proportion of adults with low literacy in Canada but a small increase in the total number of low-literacy adults within the next two decades.

More than 15 million Canadian adults will have low literacy skills by 2031, up 25 per cent from 2001.

However, the percentage of adults with low literacy skills in 2031 will actually dip to 47 per cent — a three per cent decline over a 30-year period.

THE CANADIAN PRESS

Tale of 3 cities

- **Montreal** is expected to experience the lowest increase out of the four cities — 20 per cent — in the number of adults with low literacy skills, from 1.5 million in 2001 to more than 1.8 million in 2031.
- **Toronto** is projected to see an increase from 1.9 million to nearly 3.2 million.
- **Vancouver** is expected to see the numbers go from nearly 800,000 to more than 1.3 million.

China. Sea rescue

▶ A helicopter lifts workers from a platform in the Shengli oil field of the Bohai Sea near Dongying city in east China.

THE ASSOCIATED PRESS

More oil trouble at sea

Emergency teams rescued 34 workers yesterday from an oil-drilling platform that was leaning dangerously in east China's Shandong province, and searched for two others still missing, officials said.

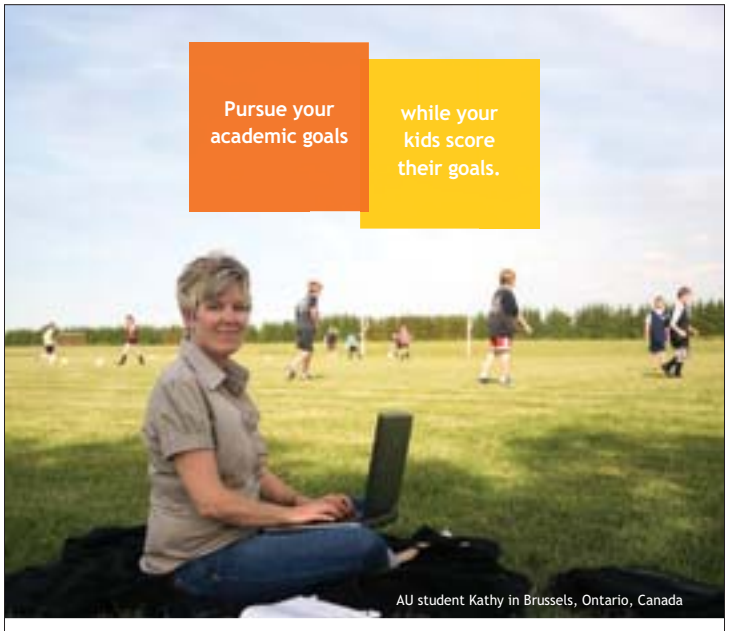
BP's report accepts, doles out the blame

BP took some of the blame for the Gulf oil disaster in an internal report issued yesterday, acknowledging among other things that it misinterpreted a key pressure test of the well. But in a possible preview of its legal strategy, it also pointed the finger at its partners on the doomed rig.

The highly technical, 193-page report attributes the worst offshore oil spill in U.S. history and the rig explosion that set it off to a complex chain of failures both human and mechanical. Some of those problems have been made public over the past four and a half months, such as the failure of the blowout preventer to clamp the well shut. THE ASSOCIATED PRESS

"Of (BP's) own eight key findings, they only explicitly take responsibility for half of one."

REP. EDWARD J. MARKEY, DEMOCRATIC CONGRESSMAN



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It's time for the gospel according to Metallica

Pastor Van Sloten says band's songs have a message

BILL GRAVELAND/THE CANADIAN PRESS

▶ Pastor John Van Sloten uses Metallica lyrics in his sermons.

The American heavy metal band Metallica, the movie Crash and even the paintings of Dutch post-Impressionist artist Vincent van Gogh have one thing in common, says Calgary pastor John Van Sloten.

The 49-year-old pop culture pastor of the Christian Reformed congregation at New Hope Church argues God is sending messages through all of them.

Van Sloten gained notice several years ago when he used Lord Of The Rings in his sermons.

Since then he has touched on such movies as Passion Of The Christ, and Spider-Man, as well as bands like Coldplay.

And Metallica? Van Sloten refers to the song Creeping Death.

"Metallica wrote that song based on the 10 plagues and the Exodus," said Van Sloten. "Basically you are quoting the same episode. I saw these connections between biblical truth and Metallica as heavy metal truth … it convinced me that Metallica had to be preached."

THE CANADIAN PRESS

Sri Lanka vote gives president more time

Sri Lanka's parliament has voted to eliminate term limits for the president, a move critics say could lead to dictatorship.

The amendment also will tighten President Mahinda Rajapaksa's hold on power by giving him total control over the judiciary, police and the civil service.

The main opposition group, the United National Party, boycotted the vote and burned an effigy of Rajapaksa at a protest in the capital.

THE ASSOCIATED PRESS

161

The amendment passed easily with 161 votes in the 225-member parliament. That's 11 votes more than the two-thirds majority needed.

60 seconds

▶ Ahmed Benzizine and "his" gargoyle at the Lyon cathedral. A tiny extremist right group has criticized the sculptor's initiative.

THIS MUSLIM HAILS …

"A MESSAGE OF PEACE AND TOLERANCE"

Muslim stone mason Ahmed Benzizine spent nearly four decades helping to restore an ancient Roman Catholic cathedral in Lyon, France. Now he has been immortalized — as a winged gargoyle on its facade. His thoughts:

What do you think of the gargoyle?
"It looks like me except for the ears. They're pointed like the devil. But the sculptor told me angels have pointed ears too."

How has your world changed?
"When I started to work in churches … exactly 37 years ago, it was considered a sin that a Muslim enter a place of worship other than a mosque."

What do your friends say about the gargoyle?
"I tell my buddies … I'm present in this stone so I can tell them if the neighbourhood has changed."

THE ASSOCIATED PRESS

News in brief

Quebec plans state funeral

QUEBEC. Quebec's premier paid tribute yesterday to a youthful member of his cabinet who died from cancer, announcing there will be a state funeral for Claude Bechard.

Premier Jean Charest said funeral details were still being worked out with Bechard's family.

Bechard soldiered on in his post in the intergovernmental affairs and agriculture portfolios until he died Tuesday at the age of 41.

The death came just several hours after Bechard announced he was leaving politics, marking the end of a once-promising career that was swiftly ravaged by illness.

THE CANADIAN PRESS

Dalton to get a spot in D.C.

TORONTO. Ontario will follow Alberta's lead and open an office inside the Canadian Embassy in Washington, D.C.

A spokesperson for Premier Dalton McGuinty says the office on Pennsylvania Avenue will "ensure that Ontario's interests are represented."

However, there was no word on exactly when Ontario will open its Washington office.

Alberta opened its office inside the embassy in 2004, at the height of the mad cow scare, to assure Americans that Alberta beef was safe.

THE CANADIAN PRESS

McGill wins an A-plus rating

MONTREAL. McGill tops all other Canadian Universities in the quality of education it provides, and is listed 19th in the latest QS World University Rankings.

It's the Montreal school's seventh straight top 25 overall ranking.

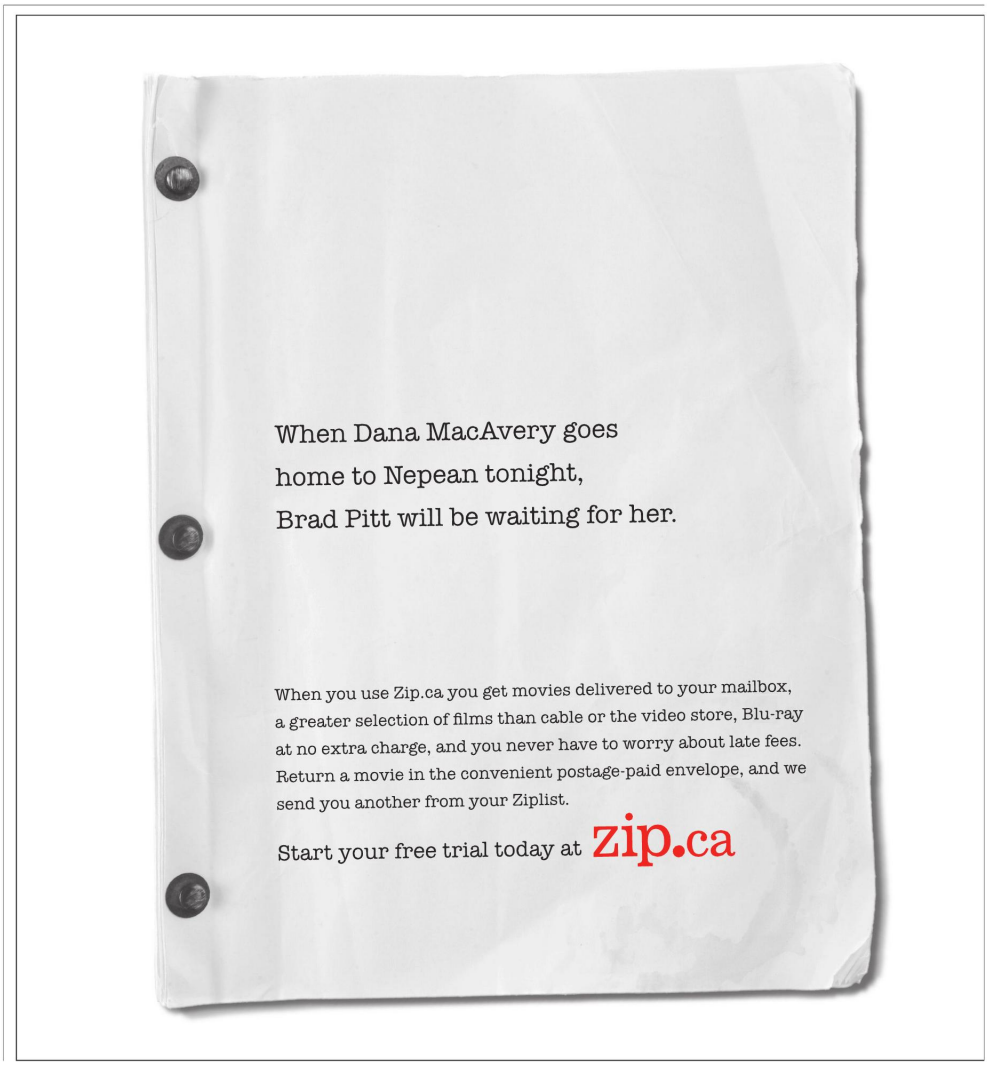
THE CANADIAN PRESS

Charged over suitcase body

LONDON. Police say they have charged a Lebanese man with murder in the case of a Canadian singer whose body was found in a suitcase at Heathrow Airport in 1999.

The force said 41-year-old Youssef Ahmed Wahid has been charged with the murder of 28-year-old Fatima Kama, whose body was found in the abandoned suitcase.

THE ASSOCIATED PRESS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Canada speaks out against Qur'an burning

Florida minister set to burn Muslim holy book on anniversary of 9-11, despite pressure from White House

Canada is speaking out against a tiny Florida church's plan to burn copies of the Qur'an on the anniversary of the Sept. 11 terror attacks.

Defence Minister Peter MacKay says it is "insulting to Muslims and Canadians of all faiths."

In July, Rev. Terry Jones from the Dove World Outreach Center in Gainesville, Fla., proclaimed he would stage "International Burn-a-Qur'an Day."

Since then he's received pressure from the White House, religious leaders and now Canada, to call off his plan to burn the book Muslims consider the word of God, but he hasn't backed down yet.

In a statement sent to The Canadian Press, MacKay says Canada is calling on the pastor to "bring people together, not break them apart."

MacKay also says Canadian Forces in Afghanistan are not fighting Islam or Islamic beliefs. He says they are fighting "an extremist and brutal enemy."

He adds that Canadians take pride in the country's fundamental values of freedom of religion and thought, and that such Canadian values helped the country bind together during the dark aftermath of 9-11.

THE CANADIAN PRESS

Controversy

Rev. Terry Jones says he's determined to go through with his plan to burn copies of the Qur'an.

- **Death threats** Jones has received more than 100 death threats and has started wearing a .40-calibre pistol.
- **Support** Others have been mailing copies of the holy text to his church to be incinerated in a bonfire on Saturday.
- **International outrage** In Afghanistan, Jones' planned burning has provoked outrage.

Tropical storm. Rips through Texas

▶ Visitors to Salado, Texas, snap photos of a submerged truck under the main street bridge yesterday morning, as waters begin to receed from excessive rainfall caused by Tropical Storm Hermine.

RUSTY SCHRAMM/THE ASSOCIATED PRESS

Flooding from Hermine kills 1

The National Weather Service says flooding from the remnants of Tropical Storm Hermine has killed one person in a town north of Austin, Texas. National Weather Service duty officer Tony Merriman says the unidentified person died in a vehicle overcome by floodwaters early yesterday in Killeen.

Xbox apologizes to gamer

Microsoft Corp. and Xbox Live are apologizing to a West Virginia town and a 26-year-old gamer accused of violating the online gaming service's code of conduct by declaring he's from Fort Gay.

THE ASSOCIATED PRESS

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09/10 • 587

ENERGY SAVING

Blackout? This must be China

Chinese steel mills and mobile phone factories are being idled.

Thousands of homes are without electricity.

All because local governments are ordering power cuts to meet energy-saving targets set by Beijing.

Rolling blackouts and power cuts are affecting key industrial areas.

The eastern city of Taizhou turned off street lights and ordered hotels and shopping malls to cut power use.

In Anping County southwest of Beijing, thousands of factories and homes have had daylong blackouts.

"We can't meet deadlines for some orders and will have to pay penalties," said Han Hongmai, general manager of Anping's Jintai Metal Wire Co.

THE ASSOCIATED PRESS

Quake-hit city feels new shake

A strong aftershock rocked terrified residents of New Zealand's earthquake-stricken city of Christchurch yesterday.

No one was reported injured, but the tremblor was the strongest since Saturday's magnitude-7.1 earthquake wrecked hundreds of buildings.

THE ASSOCIATED PRESS

Man, 90, jailed for killing wife

A 90-year-old western New York man has been sentenced to 17½ years in prison for battering his wife of nearly 68 years to death with a hammer.

John Bunz stumbled on his way into court in Buffalo yesterday. He pleaded guilty in July to first-degree manslaughter.

THE ASSOCIATED PRESS

Eight refused to flee, now they're missing

HELEN H. RICHARDSON/THE DENVER POST/THE ASSOCI-

▶ An aircraft drops fire retardant as a wildfire blazes near Sunshine Canyon in Boulder County, Colo.

Flames from giant Colorado wildfire seen 145 kilometres away

Authorities in Colorado are searching for eight people who didn't leave their homes as a wildfire tore through a canyon in the foothills near Boulder.

About 3,500 people have been moved to safety from about 1,000 homes since the fire broke out Monday. No injuries have been reported.

Gov. Bill Ritter declared a state of emergency Tuesday as officials nearly doubled the fire's estimated size. At one point, the plume from the fire could be seen in Wyoming, 145 kilometres to the north.

Authorities investigated reports the fire started when a car crashed into a propane tank.

They are also trying to figure out why an automated phone alert system failed for two hours during the evacuation, forcing authorities to go door-to-door to search for people in harm's way.

Winds pushed the fire through three canyons where beetles that burrow under the bark have killed pine trees.

The bark beetles have killed more than 3.5 million acres of trees.

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300

At least 300 firefighters have been battling the wildfire. They managed to save the historic town of Gold Hill, including an Old West grocery store and structures once used for stagecoach stops.

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Skin infections put Chile miners at risk

Rescuers have sent down antibiotics and ointments and were working yesterday to blast cool, dry air to 33 miners trapped a half-mile underground for more than a month.

All the men have suffered from skin sores, foot fungi or abrasions, and infections could prove dangerous in the sweltering heat and humidity, with rescue at least six weeks away — and probably more.

Scrapes, cuts and infections like athlete's foot and jock itch are usually just minor annoyances.

But trapped as they are in unrelenting 30 C heat, with humidity at 88 per cent, the miners don't have any way of drying out.

In videos transmitted from down below, the miners can be seen shirtless and sweating.

In such an environment, any open wound presents a serious risk, so the miners have been instructed to use extreme caution.

A simple cut from moving rocks could lead to dangerous infections, Chilean Health Minister Jaime Manalich told the Associated Press.

The constant exposure to moisture creates the possibility of infections, especially when the men are living and sleeping together in close quarters and can't shower, according to Dr. Boni Elewski, a dermatology professor at the University of Alabama at Birmingham.

THE ASSOCIATED PRESS

Agony goes on

It's unclear how long the miners will be trapped underground.

- **No end in sight** It could take until December to drill a hole big enough to pull the miners out, says the Chilean government.
- **Rescue attempt** Two massive drills are being used, one widening existing bore holes and the other forging a new opening.

MARTIN MEJIA/THE ASSOCIATED PRESS

▶ Relatives of trapped miners wait outside the San Jose mine yesterday in Copiapo, Chile. The 33 miners have been trapped deep underground in the copper and gold mine since it collapsed Aug. 5.

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Everyone has a favourite memory of spending summers at the cottage. The cottage experience is as Canadian as peameal bacon or real maple syrup and should be experienced by everyone at least once in their life.

So here I go looking into the options I have to share the cottage experiences I had with my children. What are the options and how can I afford them?

As I looked into cottages I found it was quite simple to find something to rent but what about ownership? The thought of being able to escape after a long week at work would be great.

What I found is that cottages can be very expensive. My grandfather had told me the story of how each of his three brothers chipped in five thousand and they got a little place with an out house on Chandos Lake up near Apsley, Ontario. All I could find for twenty grand nowadays was a pop-up tent trailer that we would need to tow around to campgrounds. Camping wasn't going to be an option anyway as my wife's idea of roughing it was a hotel without room service. Although RV parks seemed like a good option, activities for the kids, secure in the off season, I just couldn't get the picture of trailer park boys out of my head.

The cottages I liked seemed to cost as much as my home if not more. The more I thought about cottage ownership the more I realized it would mean two houses to maintain and the whole idea was to get away from cutting grass and fixing things so I could spend more time with my children and simply relaxing. I could afford a "Fractional Ownership" type cottage with maintenance fees. I could justify the fees as they do all the work, but one hundred thousand for something I could only use for 4 or 5 weeks wasn't the answer either, besides we can only play so many games of crazy eights before the kids would get bored.

Then I found an alternative, it's not a four hundred thousand dollar cottage on the lake but it's not a little trailer in a campground either. They call them "Resort Cottages" or "Park Model Homes". Just imagine a small cottage beautifully decorated for only $59,900 to $129,900 and if I wanted to start in something a bit smaller I could get into a perfectly comfortable vacation home for only $39,900.

It turns out that RV's (recreational vehicles) come in all shapes and sizes. The models come in one, two and three bedroom floor plans that sleep up to eight comfortably and come fully furnished. You can own one in a resort that has converted itself from a trailer park to a Park Model Resort. They are up scale properties that usually have plenty of activities for everyone from heated pools and kids clubs to recreation halls where they host events like wine and cheese parties or themed dances.

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Bank of Canada raises key rate a quarter point

Loonie gets boost, rising to 96.39¢ US Bank says it wants to reach a 2% medium term inflation target

The Bank of Canada raised the trend-setting interest rate a quarter point to one per cent yesterday, even as it acknowledged that the country's economic growth will be more gradual than previously thought.

It was the third hike in three months, taking the overnight rate up in stages from the rock-bottom 0.25 per cent that was set by the central bank during the recession to help stimulate the economy.

The hike, which most economists had predicted and supported, will likely have the effect of increasing borrowing costs on short-term loans, such as variable mortgages and lines of credit.

THE CANADIAN PRESS FILE

▶ Mark Carney

Analysts had been looking for acknowledgment from bank governor Mark Carney that the recovery has taken a few surprise body blows of late and that he will now pause for the next few months until the picture clears.

Instead, the bank's governing council appeared content to stick to its previously optimistic outlook and gave no hint about plans for future decisions, saying that will depend on the "unusual uncertainty" of the outlook.

The tone of the central bank's statement was "a bit more hawkish than we expected," said Bank of Montreal economist Douglas Porter. But economists question how much further Carney can go.

THE CANADIAN PRESS

Mobilicity moves to silence Chatr

New wireless player Mobilicity has filed a complaint with the Competition Bureau against Rogers' unlimited talk and text service Chatr, saying that its too similar to its own unlimited talk and text offering.

Mobilicity alleges that Rogers is in breach of section 78 of the Competition Act which prohibits market leaders from using "fighting brands to discipline or eliminate a competitor."

Chatr joins Rogers Wireless and Fido as the third wireless service offered by Rogers. Bell has relaunched its Solo brand as an unlimited talk and text offering and Telus owns discount brand Koodo.

THE CANADIAN PRESS

4.25

Mobilicity was one of the new competitors that emerged after the federal government sold additional spectrum in a 2008 auction that raised $4.25 billion for Ottawa.

China. Wealth

▶ Hong Kong and Shanghai Hotels Ltd. chief operating officer Peter Boer speaks with The Associated Press at Peninsula hotel in Tokyo, Japan, yesterday.

ITSUO INOUYE/THE ASSOCIATED PRESS

Wealthy Chinese are spreading their wings

The growing Chinese upper class is just beginning to become a major force in luxury markets worldwide, says Hong Kong and Shanghai Hotels Ltd. chief operating officer Peter Boer.

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar	Oil	Natural gas 1,000 cu ft
– 59.72 (12,042.26)	+ 0.97¢ (96.39¢ US)	+ 58¢ US ($74.67 US)	$3.814 (– 3.8¢)

Gold contracts $1,255.60 (– $1.70)

DESPERATELY SEEKING ... ANYONE

He says ...

JOHN MAZEROLLE

I want to be a Craigslist missed connection.

When I was growing up, I wanted to be an astronaut, Louis Pasteur (don't ask) and a race car driver. None of those things happened, but I can still fulfil my dream to be a missed connection. Because, really, who doesn't want to be one?

If you aren't familiar, missed connections come in two types.

The first is the cry to the heavens.

They're all basically the same: "To Jim/L/My Snookie, some day/week/fortnight I hope/know/dread that you'll see it was a mistake/joy/reality-show script that we were married/apart/cell mates. I'll never forget/understand/unchain you. Love/miss/screw/ you, Amanda/S/Your Malignant Lump of Love."

They're pathetic, and if you can't see yourself in them you've never loved.

But the second type of missed connection is my goal.

It's for people who were too cowardly or lazy to make their move. They usually mention eye contact and finish with, "Wish I'd said something."

"But the second type of missed connection is my goal."

I like reading them and want to be one. Maybe I'd read, "To the guy who has clearly never cleaned his laptop," or "To that man who eats pasta like he's five."

I find them quite romantic, which is to say, they have no bearing on reality.

Missed connections deny a couple of harsh truths: First, the majority of single guys I know make attempted eye contact with every girl who meets their criteria, namely being a biped and consuming oxygen.

The only reason it ever works is that so many women are oblivious to men's advances. I've had conservations like this a dozen times.

Me: That guy was totally smitten with you.

Woman: Really?

Me: He was staring at you and he kept touching your arm.

Woman: Did he?

Me: He licked your face.

Woman: Is it muggy today?

Second, it ignores the fact that most of these highly charged moments of connection would be ruined if the two people involved actually talked. About half the women I find attractive can ruin it instantly with a single mention of Twilight.

What missed connections really do is provide you with one more opportunity to extend the eye contact and the ego boost. But real life would ruin it.

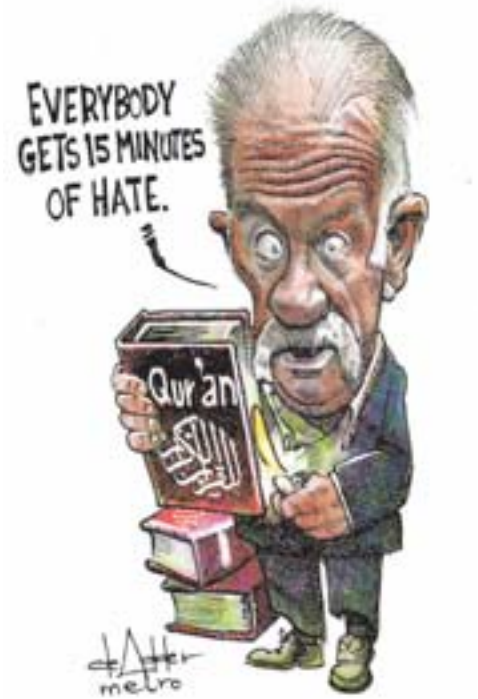
But that's good enough, I say. It's the NSA of infatuation.

I want to be a missed connection. It just doesn't follow that I want to be found.

Read more of John Mazerolle's columns at metronews.ca/hesays

Cartoon

MICHAEL DE ADDER



Canada cracks top three

Worth mentioning

Australia and New Zealand shared first place, and Canada tied for third in a first-of-its kind survey ranking 153 nations on the willingness of their citizens to donate time and money to charity.

The report, released yesterday by the British-based Charities Aid Foundation, showed striking variations in charitable behaviour around the world.

For example, it found that only four per cent of Lithuanians gave money to charity, compared with 83 per cent of people in Malta; 61 per cent of people in Turkmenistan did volunteer work, compared with two per cent of Cambodians.

The overall rankings were a composite of three categories — the percentage of people who donated money, donated time and helped a stranger in the month prior to being surveyed.

Australia and New Zealand topped the index with an average score of 57 per cent, trailed by Canada and Ireland at 56 per cent, and the United States and Switzerland at 55 per cent.

Several of the world's most populous countries were near the bottom of the index — including India in 134th place, Russia in 138th and China in 147th.

THE ASSOCIATED PRESS

The gift of giving

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What are your three favourite websites? Why?

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Metro Minute at Mud Lake

Walk a few short minutes along the pathway into the Mud Lake/Britannia Conservation Area and you will be transported into a wild area of forest and wetlands that is home to hundreds of species of wildlife.

Just a short trip from Parliament Hill, the urban swamp area can be accessed from Cassels Street, along the Ottawa River. Mud Lake is also prime birding territory.

Thousands of birdwatchers visit the area each year to observe the hundreds of different species.

Some of the birds have become so accustomed to people they will eat seeds right out of your hand.

TIM WIECLAWSKI

TIM WIECLAWSKI/METRO OTTAWA

▶ Mud Lake is just a short trip from Parliament Hill.

2 scene

GETTY IMAGES

▶ Interpol, with guitarist Daniel Kessler, left, drummer Samuel Fogarino, and singer Paul Banks, performs on the Tonight Show.

Interpol revives atmospheric sound

Group leaves major label EMI to join familiar Matador ● New album 'most progressive'

CAM LINDSAY
SCENE@METRONEWS.CA

An established indie band signing to a major label is a story that's been told countless times. But Interpol's version has a different twist. After leaving EMI following the release of 2007's Our Love To Admire, they've returned to Matador, the independent label they originally called home.

"There have been a lot of changes in the music industry. When we had the opportunity to part ways with EMI we made a mutual decision," says guitarist Daniel Kessler. "We didn't consider anyone else but Matador. We always retained a great friendship with them and always admired them."

Having released their first two albums on Matador, 2002's seminal debut Turn On The Bright Lights and 2004's exceptional Antics, both the band and label are counting on recapturing that spark again with their new self-titled album.

Kessler feels it offers something both new and familiar. "There are threads you will recognize that this is obviously Interpol," he explains. "I also think it's our most progressive record to date."

"All of our records are documents of what we're trying to say at that time. We feel like our band evolves and this record is an evolution from our last one."
DANIEL KESSLER

Building on the sweeping orchestral arrangements of its predecessor, Interpol expands the compass of the band's overcast, atmospheric rock.

"With Our Love To Admire, there were some things that foreshadowed what was to come with this record. There's a greater expansion of harmonies and melodies."

Most importantly, Kessler says the band wanted to shift the focus away from song-driven iTunes generation back to the good old days of listening to a complete album.

"We're really very much an album band and not into catering to the modern age," he says. "It's really about the ten songs and how they correspond to each other. It's been like that since day one."

Moving on

When news of a new Interpol album came earlier this year, so did the announcement that original bassist Carlos D had left the band to "pursue new goals," says Kessler. "It's a life choice when someone decides they need to venture their own way and even step out of a rock band and look at other interests that demand their attention. We accepted that and as far as adjusting every day is a bit different."

News in brief

Saturday Night Live will launch its 36th season on Sept. 25 with host Amy Poehler and musical guest Katy Perry. Poehler is a former SNL cast member. Perry's No. 1 smash California Gurls has become the song of the summer.
THE ASSOCIATED PRESS

Willem Dafoe plays a novelist hiding a secret in A Woman directed by wife Giada Colagrande

The xx wins U.K.'s Mercury Music Prize

Electronic trio The xx has won Britain's Barclaycard Mercury Prize for their debut album, called "xx."

The London band won the $30,000 prize over 11 other shortlisted acts at a ceremony in London Tuesday. The group beat its more well-known competitors, which included bookies' favourite Paul Weller, singer Corinne Bailey Rae and Dizzee Rascal.

Frontman Oliver Sim said he was stunned by the news: "I don't know what we were expecting, but we weren't expecting this."

The award has honoured the best album of the year by a British or Irish band since 1992. Previous winners include the Arctic Monkeys and Scottish rockers Franz Ferdinand. THE ASSOCIATED PRESS

DAVE HOGAN/GETTY IMAGES

▶ Oliver Sim, Romy Madley Croft and Jamie Smith of The XX pose after winning the 2010 Mercury Music Prize 2010.

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Sara Bareilles has a change of heart

Singer gets awkward with Pharrell while working on new CD

GILBERT CARRASQUILLO/GETTY IMAGES

▶ Kaleidoscope Heart is the new album from Sara Bareilles.

The idea of Sara Bareilles and Pharrell working on music sounds odd enough — but it's not nearly as awkward as the actual event.

The piano-playing songstress was exploring a new sound for her sophomore CD when she decided to try and work with the hitmaker for Jay-Z, Justin Timberlake, Gwen Stefani and more. When she walked in for her recording session, Pharrell was getting a haircut.

It went downhill from there.

"I'm not a very good collaborator and I didn't really know how to do it. ... I felt really uncomfortable with just the process and so I think that's why we didn't really get anything out of it," Bareilles said.

Though the 30-year-old earned Grammy nods for her breakthrough hit, Love Song, Bareilles said she struggled to come up with new material for the follow-up to her platinum-selling 2007 debut, Little Voice.

"I hadn't really prepared for what would come after that," she said.

Then she recorded Uncharted, a pop tune about messing up — and moving along. Things got easier after that.

Bareilles talked recently about the steps that led to Kaleidoscope Heart, out this week.

Why is songwriting with others tough for you?

I'm not a great co-writer. I have a lot of respect for people that can do it well, I'm just terrible at it. ... I don't know. I feel like what comes out of it is always something I feel a sense of detachment to and it sort of makes me feel like, I don't know, unable or unwilling to want to sing it as a part of my normal repertoire.

Those songs you recorded with Pharrell — where will they end up?

I would love to probably re-approach it instead of using what we ended up with. I'd love to do it again now that it's not such a new experience. I think I have that tendency where my knee-jerk reaction is to sort of clam up and close myself off from doing something I've never done before. And it's totally something I'm trying to let go of. I don't know why I get so, I don't know, nervous? I think I was star-struck, honestly.

How did you come up with the first single?

King of Anything was sort of a pep talk, it's actually very similar to the way Love Song came about. ... It was written at the point where I was just starting to share the music and then people start to give you their feedback on it and you're like, "Oh, you don't like that part and you think I should change those words." (Laughs.) ... There's lots of people that aren't going to like this record, you know, that don't like my music anyway and people feel very vocal. Like, people are really brave in what they say to you these days.

Did you always want to be a singer?

I don't know if I articulated that in my brain as a child, but I think I always felt like that was where I was the most confident and at peace and felt like it was my calling. I think I always thought I would do theatre though because I grew up doing musical theatre. So I think I always sort of anticipated, like, being on Broadway or something.

Heading to Broadway soon?

Oh god I would love it. ... I have mad respect for the performers on Broadway and I would only want to do it if I could do an incredible job. ... So I think I would have some homework to do before I could step up on stage.

A lot of contemporary singers have delved into a more electro-pop, dance sound. Are you next?

I feel like it would feel like wearing somebody else's underwear because it's really not (laughs) ... it doesn't feel kind of congruent with who I really think I am musically. But you never know. There's great collaborations out there and I think there would be a way to do it musically where it felt good to me, but it's not immediately a genre I've always loved or wanted to do.

You should do a song with Carlos Santana.

Me and Santana? OK. Can you make that happen? Give him a call.

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Big Boi enjoying solo career, but says Outkast will be back

RICK DIAMOND/GETTY IMAGES

▶ Big Boi's Sir Lucious Left Foot: The Son of Chico Dusty was released this year to widespread critical acclaim.

Big Boi is savouring this victory.

The Atlanta rapper — one-half of the six-time Grammy-winning duo Outkast — spent years watching as his solo debut Sir Lucious Left Foot: The Son of Chico Dusty languished in record-label limbo.

It was finally released this year to widespread critical acclaim, and Big Boi feels his effort has been rewarded.

"The fans dig it, that's what it's all about," he said in a recent interview. "You want to make music that they love and that they can live by.

"You know, as long as they're digging it man, I'm a happy camper."

Lately, he's had plenty of reason to be upbeat.

Sir Lucious Left Foot opened at No. 3 on the U.S. charts and No. 20 in Canada. While it hasn't posted the sort of commercial numbers associated with an Outkast record (each of their six albums have gone platinum), it's been a hit with critics — in fact, according to review aggregator Metacritic, it's the second-best-reviewed new album of 2010.

On Friday, he'll roll through Toronto to perform at the Playboy Good Life Party at Muzik hosted by Girls Next Door star Bridget Marquardt.

"It's always an event when they bring the bunnies out," he said

The 35-year-old seems a long way from the frustration that punctuated his first solo foray.

The record has been widely praised for its crafty lyricism, head-knocking beats and diverse production.

He had much of the record finished more than a year ago, including the earth-shattering electro-funk of lead single Shutterbugg, but Jive Records wasn't sold on the album — they wanted something more radio-friendly.

Ultimately, he left the label for Def Jam. Jive reportedly barred the use of certain singles that featured his Outkast bandmate and close friend Andre 3000, including the Grammy-nominated Royal Flush, because Outkast is still under contract with the label.

Big Boi has been consistent in saying that Outkast would reunite for another record, which would mean working again with Jive.

"I'm contractually obligated," he said. "I got a deal with Def Jam and also I'm signed with Outkast to Jive too, so I got two record deals. THE ASSOCIATED PRESS

metro
OTTAWA
Thursday, September 9
metronews.ca

SCENE & HEARD

For Connolly, it's true North

proud and funny

TONY LYON/FOR METRO OTTAWA

▶ Scottish funnyman Billy Connolly will hit 10 Canadian cities this November.

Canada's British and Scottish roots helps comedian reach out to audiences when touring country
Shows to promote new DVD

STEVE COLLINS
FOR METRO CANADA

Billy Connolly tours Canada in November, and the Scottish comedian is looking forward to audiences who get his jokes.

"There's a massive British and Scottish influence in Canada … so I get the benefit of that," he said.

"Mind you, I've never had a problem anywhere. I just kind of bombard my audience with what I've got and they either like it or they don't. And if they don't, well, tough, that's all there is!"

He's touring ten Canadian cities, but in 2008, Connolly spent ten weeks exploring the country's north for his DVD, Journey to the Edge of the World.

"Everybody knows it's beautiful," Connolly said. "You know, it's not a secret, but nobody knows the size, the sheer vastness of it, and the acreage where nobody's on it.

"It's this pristine staggering beauty and wolves and bears and a lot of funny people you know? A lot of funny buggers live out there in the Yukon, chopping down trees and all that."

Tour dates

- Toronto (Nov. 4-6), Ottawa (Nov. 8), Montreal (Nov. 9), Halifax (Nov. 12 and 13), Winnipeg (Nov. 16), Saskatoon (Nov. 18), Calgary (Nov. 19), Edmonton (Nov. 21), Victoria (Nov. 23) and Vancouver (25 and 26).

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The Rankin Family
November 22

Debra DiGiovanni
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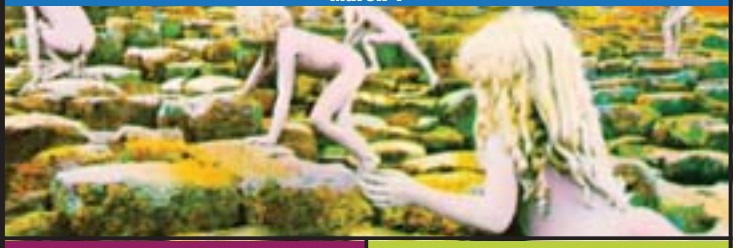
Classic Albums Live: Led Zeppelin
Houses of the Holy
March 4



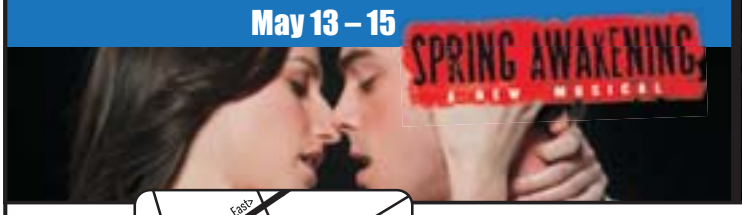
John McDermott
December 19

Gerry Dee
April 16

Jason McCoy
March 25

Sultans of String
April 16

May 13 – 15



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Not just winging it

The Ottawa Butterfly Show features 41 different butterfly species Carleton University plays host

MIKE BEASLEY
FOR METRO OTTAWA

The Ottawa Butterfly Show is a one of a kind opportunity to get up close and personal with these majestic creatures.

This years' edition of the show runs from Saturday Oct. 2, until Monday Oct. 11, in the greenhouses of Carleton University's biology department.

The 10-day show features about 1,300 butterflies that arrive in five separate shipments, representing 41 different species worldwide.

"One of our star performers is the Atlas Moth," said Ed Bruggink, the greenhouse manager at Carleton University.

"It's the only moth that we have and it's huge with an eight- to 10-inch wing span. The Atlas moths are nocturnal and will provide tremendous photo opportunities because they sit around all day. The Blue Morpho Butterfly from Central and South America is also popular because of its size and beautiful flash of blue on its wings," he said.

More than 1,000 area students and 10,000 visitors total came into the steamy greenhouse doors at the west side of Carleton's campus for last year's butterfly show.

Hours are 9 a.m. to 4 p.m. in the Nesbitt Biology Building, with free parking on the weekend. Admission is free.

SUBMITTED

▶ The Ottawa Butterfly Show provides an opportunity to get close to the majestic creature.

Biology 101

The word butterfly comes from the English word Buttorfleoge. In mediaeval times, butterflies could be seen hovering around butter-churns.

- There are 292 species of butterflies in Canada. Most of which are found in British Columbia. The fewest species are on Prince Edward Island.
- Butterflies are the second largest group of pollinators, next to bees.
- Monarchs are known to migrate more than 3,000 kilometres and can fly 1,000 km without stopping.
- The largest threat to butterflies is loss of habitat.
- They don't have lungs and taste with their feet.
- The Giant Swallowtail is the largest butterfly in Canada with a wingspan that can reach up to 13 cm.

Listings

Music

Turandot This Opera Lyra production stars tenor Richard Margison and soprano Lori Phillips. (National Arts Centre). Sept. 11-18

Punk rockers Against Me! perform with The Flatliners and Young Livers (Bronson Centre). Sept. 13

Jazz Geggie Series concert in collaboration with the Embassy of France (National Arts Centre). Sept.18

Jason Mraz, the Grammy Award-winning singer-songwriter (Scotiabank Place) Oct. 5

Roger Waters of Pink Floyd stages the classic album The Wall (Scotiabank Place). Oct. 17

Ani DiFranco Ani DiFranco appears with Melissa Ferrick opening (Bronson Centre). Nov. 4

Johnny Reid, the country singer tours on his new album, A Place called Love, with Johnny Reid with special guest The Stellas (Scotiabank Place). Nov. 5

Theater

Blackbird, by David Harrower is performed by the Third Wall Theatre Company (Irving Greenberg Centre). Sept. 14-26

Having Hope At Home, by David S. Craig, presented by Kanata Theatre (Ron Maslin Playhouse). Sept. 14-25

Crossing Delancy, a romantic comedy by Susan Sandler (Ottawa Little Theatre). Sept. 14-Oct. 2

The List by Jennifer Tremblay, a Great Canadian Theatre Company production (Irving Greenberg Theatre). Sept. 14-Oct. 3

A Flea in Her Ear by Georges Feydeau, translated by David Whitely (The Gladstone Theatre). Sept.16-Oct. 23

Romeo and Juliette by William Shakespeare (National Arts Centre). Oct. 19-Nov. 6

The Taming of the Shrew by William Shakespeare, presented by Kanata Theatre Company (Ron Maslin Playhouse). Nov. 9-20

Metro pick

CONTRIBUTED

▶ Montreal indie rockers Stars appear with Young Galaxy at the Bronson Centre Oct. 19

Galleries

Pop Life: Art in the Material World includes works by Andy Warhol, Jeff Koons and more (National Gallery of Canada). Through Sept. 19

Festival X, the photography-based art festival. Go to www.festivalx.ca. Sept. 23-Oct. 3

Angela Grauerholz: The inexhaustible image, presented by the Canadian Museum of Contemporary Photography (National Gallery of Canada). Through Sept. 26

Selections 2010 Arts Ottawa East (Trinity Art Gallery, Shenkman Arts Centre) Sept. 30 – Oct. 26

Roberta Walker: Faux Paws, presented by the Nepean Visual Arts Centre (Atrium Gallery, Ben Franklin Place). Oct. 1-27

Jennifer Lawton solo exhibit: paintings/abstractions depicting the city of Ottawa and environs (Cube Gallery). Oct. 5-31

STEVE COLLINS
FOR METRO OTTAWA

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The art of telling tales

Festival captures imaginations of listeners with international performers and includes Canada's best

RAF BRUSILOW
FOR METRO OTTAWA

Celebrating the time-tested art of telling good stories, the 21st Ottawa Storytelling Festival hits Ottawa Nov. 18 – 21.

In an age where information congregates in static forms like websites and blogs, there's still nothing quite like a good story, well told to captivate and inspire listeners.

Caitlyn Paxson, managing artistic director for the festival, says the charm of storytelling is that it creates a direct connection between performer and listener and it's a skill that is just as meaningful today as it was generations ago.

"Storytelling is in some aspects the simplest of the performing arts because you can get that interpersonal connection in a way you don't always get with other performances. There are lots of opportunities for storytellers in the modern world and we want to celebrate that," Paxson said.

Yukon-born storyteller Ivan Coyote is among the performers headlining the festival and will bring her brand of "good old fashioned kitchen table stories" to Ottawa audiences at the festival. In a career that has spanned 18 years and multiple books and audio CDs, Coyote has never grown tired of a form of expression she considers fundamental to the human condition.

"I think storytelling is in our blood and our bones. It's one of the oldest things that makes us human and I think any art form is in some way a type of storytelling," Coyote said.

Ivan Coyote performs Nov. 8 at the Mayfair Theatre and Nov. 9 at Saint Brigid's Centre.

Need to know

- Headlining storytellers include Anita Best (N.L.), Ivan Coyote (B.C.), Ben Haggarty (U.K.) and Tim Tingle (Texas)
- Check out twentytenfestivalost.wordpress.com
- Enjoy a free 5 Minute Story Slam Workshop on Nov. 20 and compete in the free Story Slam competition on Nov. 21. Remember – no paper allowed!
- Venues include the Mayfair Theater and Saint Brigid's Centre.

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Ben Haggarty, a storyteller from the U.K., during his Frankenstein show.

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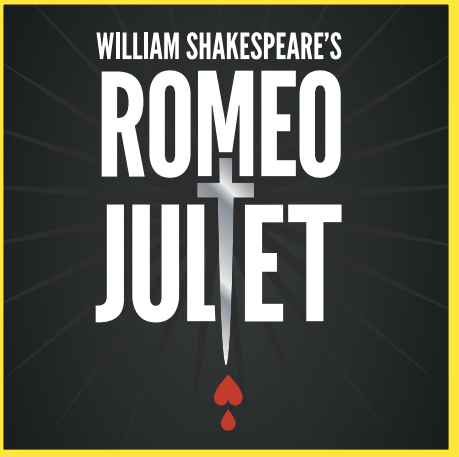

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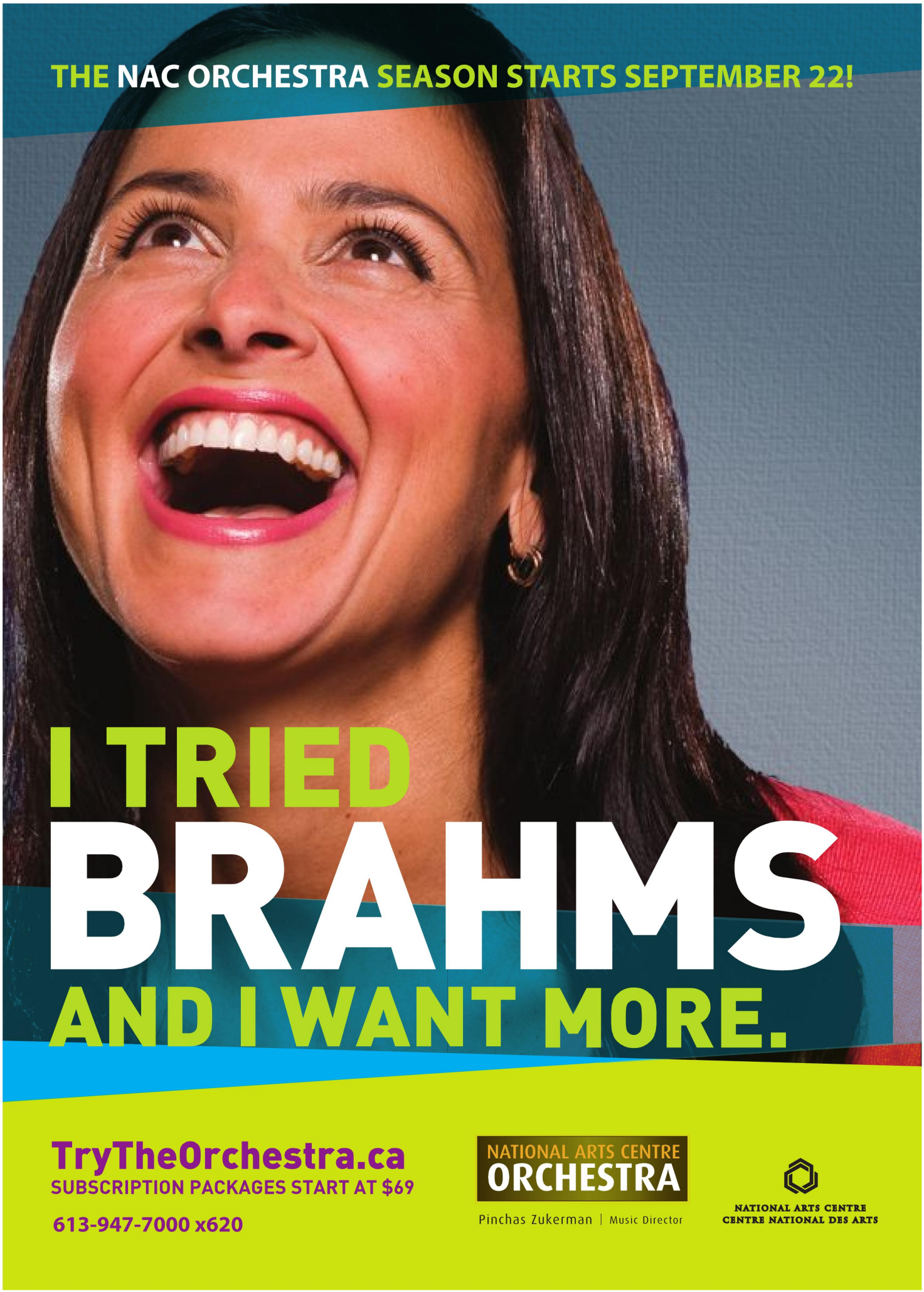
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Plenty of exciting options for families looking to enjoy Autumn together
Frugal choices aplenty mean more fun for less cash

It's time for some fall fun

RAF BRUSILOW
FOR METRO CANADA

Fall and family fun go hand in hand, especially in the nation's capital. If you're looking for things to do that are off the beaten path, here are our top five picks for Fall activities the whole family can enjoy.

1 Aerial Experiences at Camp Fortune

Nothing quite says Autumn like zip-lining through the changing leaves and enjoying nature just minutes outside of the big city. Clip in and walk through the treetops until Oct. 31.

campfortune.com

2 Mosaika

Sept. 13 is the last chance to indulge in this free sound and light show that takes over Parliament Hill and celebrates Canadian history and culture with spectacular, eye-popping visuals.

SUBMITTED

▶ Take a ride on a zip-line at Camp Fortune.

mosaika-sl.ca

3 Haunted Walk of Ottawa

Every city has its secrets and Ottawa's are definitely of the spooky variety! This unique collection of year-round walking tours is a great departure from the norm and highlights Ottawa's juicier bits of history both seedy and scary.

hauntedwalk.com

4 National Capital Greenbelt

With more than 100 kilometres of trails through Ottawa's gorgeous natural environment, the Greenbelt is perfect for an Autumn family walk. For families with smaller kids, the Jack Pine Trail loop takes about an hour to complete.

canadascapital.gc.ca

5 Canadian Museum of Civilization

A great museum that includes the excellent Children's Museum and admission is free every Thursday from 4 – 8 p.m. Check out the special Fall exhibit featuring the history of horses.

civilization.ca

Ottawa region abound with fall fairs

RAF BRUSILOW
FOR METRO CANADA

Festivals abound in Ottawa this Fall and here are a few unique ones worth checking out:

- **154th Metcalfe Fair:** held just south of Ottawa, this old-time festival combines rural tradition with modern family fun and features rides, demonstrations, livestock and horse shows and plenty of other live entertainment. Runs until Oct. 3. metcalfefair.com
- **Festival X:** Ottawa's premiere photography festival can be a great option for families with older kids who are interested in visual art. The festival features art displays, films, public lectures and artists' talks and runs from Sept. 23 – Oct. 3.
- **Lebanorama:** a three-day celebration of Lebanese performing arts across Canada, Lebanorama features dance, music and theatre performers and runs from November 12 – 14. al-arz.ca/lebanorama.html

Animation takes center stage at local festival

MIKE BEASLEY
FOR METRO CANADA

In just a few short weeks the nation's capital will become the center of the animation universe.

From October 20 to 24, the Ottawa International Animation Festival (OIAF) will take centre stage at the ByTowne Cinema, National Gallery of Canada, Canadian Museum of Civilization, Empire Theatres Rideau Centre and Arts Court Theatre.

"The highlights of this year's festival will be the competitive film events," said OIAF Managing Director, Kelly Neall.

"We are going to feature over one hundred of the best new animated short films, music videos and commercials from around the world."

The OIAF is the largest event of its kind in North America, attracting attendees from around the world.

"This year's festival will also be showing a special program on independent Japanese animation. And we're looking for a local kid's jury who will judge the best short film made for children." Neall said.

The festival caters to the whole family with something for adults, kids and teens. If you like going to galleries, enjoy film and comics then this an event

Festival facts

- The festival has been running since 1976.
- Last year's event had a total attendance of more than 27,000.
- Over 1,800 delegates from the animation community attended last year including animators, production executives, educators, students and fans.
- During the week of the festival, there are 92 screenings and 46 professional development events at six venues across downtown Ottawa.

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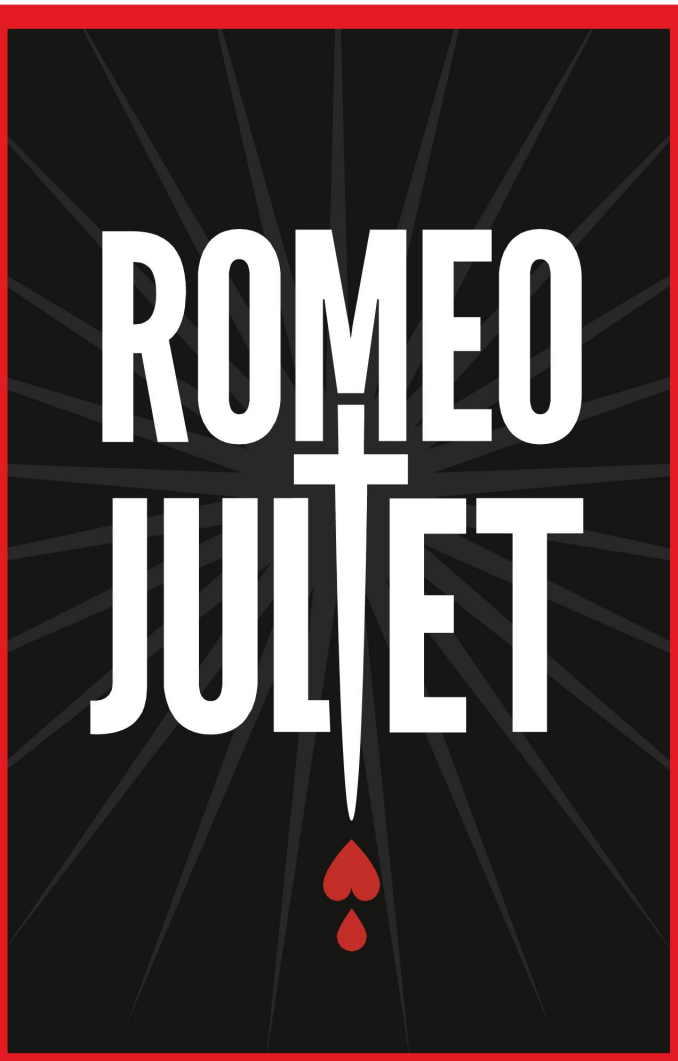

OCTOBER – *Romeo & Juliet* by William Shakespeare
Shakespeare's most romantic tragedy

Seana McKenna, photo by David Cooper

JANUARY – *The Year of Magical Thinking* by Joan Didion
starring Seana McKenna
Didion's one-woman tour-de-force

Christien Murray, Natasha MacLellan, photo by Emily Jewer

APRIL –
Lauchie, Liza and Rory
by Sheldon Currie
Heartwarming comedy from Cape Breton

Photo: Dwayne Brown

NOVEMBER – *Vimy*
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NAC english theatre
peter hinton | artistic director

Here's to another 25

Wine and Food Show will see iconic Canadian foodies
Runs Oct. 5-7 at Lansdowne Park in Ottawa Civic Centre

STEVE COLLINS
FOR METRO OTTAWA

The Ottawa Wine and Food Show, which runs from November 5-7, reaches its 25th anniversary this year, and show producer Joan Culliton plans to celebrate in style.

The Tasting Alley, which last year featured 50 fines, this year offers 100.

The number of Tutored Tastings have been expanded and scotch tastings have been added to the roster.

Also, Culliton hints, some surprises lie in wait.

"I'm just about to sign off on some programming with some pretty iconic names in the world of wine and food in Canada, but I can't tell you about that today," she said.

This will also be the final year for the show in its temporary home at Lansdowne Park in the Ottawa Civic Centre.

Next year, it moves to the new Ottawa Convention Centre.

The show, the largest of its kind in Canada, is in its third year at its temporary home at the Ottawa Civic Centre.

Those looking to avoid long line-ups (and with an attendance of over 20,000, they can be lengthy) may want to consider buying Connoisseur Series admission, which include access to a VIP entrance and the freedom to come and go from the show.

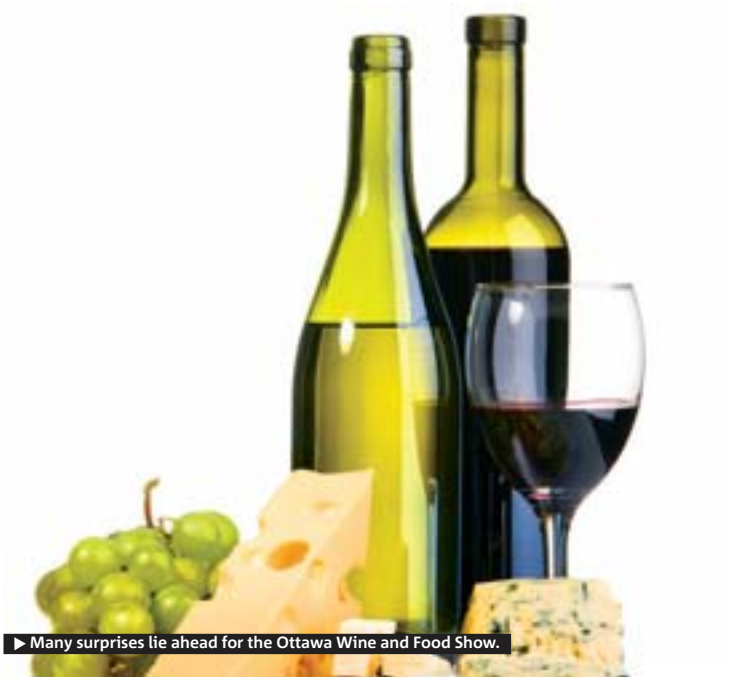
Go to ottawawineandfoodshow.com for tickets and information.

Raise your glass

Some highlights of last year's Ottawa Wine and Food Show:

- More than 200 exhibitors boasted over 1400 wines, beers and spirits, as well as foods from all over the world and also a strong showing from Ottawa's own culinary scene.
- Organizers say last year's total attendance exceeded 20,000 wine lovers and foodies.
- The show's International Wine Competition attracted over 350 entries, with the Best of Show medal for white wine going to Ontario's Konzelman Estate Winery for their 2007 Gewurztraminer Reserve VQA. Honours for top red went to California's Robert Mondavi Winery for their 2006 Napa Cabernet Sauvignon.

ISTOCK



▶ Many surprises lie ahead for the Ottawa Wine and Food Show.

VOLUNTEERS NEEDED FOR DEPRESSION RESEARCH

Psychiatrists at the Ottawa Psychopharmacology Clinic are currently conducting a research study of an investigational medication for depression. The purpose of the study is to further our knowledge about the possible treatment of depression. Study duration is initially 12 weeks with possible continuation of up to 24 weeks in total. Included are a physical exam, blood tests and a psychiatric interview. All information provided will be treated in strictest confidence. To volunteer, you must be 18-65 years of age, not currently in psychiatric treatment (unless you are being referred by your treating doctor), have no drug or alcohol problems and be in generally good physical health.

	YES	NO
I am feeling sad and depressed	☐	☐
I am having difficulty sleeping	☐	☐
I am feeling low in energy and slowed down	☐	☐
My appetite has changed	☐	☐
I am experiencing feelings of guilt	☐	☐
I have lost interest in work and pleasurable activities	☐	☐
I feel hopeless about the future	☐	☐
I feel tense and anxious	☐	☐
I am having difficulty making decisions	☐	☐
I am having trouble concentrating	☐	☐

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If you have answered YES to five or more of these statements and have felt poorly for the past month, you may be suffering from depression. To be evaluated for this program please call, any time (24 hours), leave your name and phone number on our confidential voice mail:

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The road less travelled

THE NATIONAL CAPITAL COMMISSION

▶ The Fall Rhapsody allows visitors to explore the autumn colours of Gatineau Park.

The annual Fall Rhapsody allows those inclined to take in the fall colours of Gatineau Park Oct. 2-17

DARREN DESAULNIERS
FOR METRO OTTAWA

With the summer sun fading to memory and the impending winter cold creeping forward from the back of people's minds, there is a majestic tranquility to bridge the gap and soothe the senses.

The National Capital Commission is inviting everyone to enjoy the annual Fall Rhapsody and experience the colours of Gatineau Park from Oct. 2-17.

While there are over 90 kilometres of trails to explore either by bike or foot, some of the most enjoyable experiences may lie on the paths less travelled.

"It has been tremendously popular, but one of the ideas that the park is trying to convey, is to get visitors to explore lesser visited areas of the park," said Louis-René Sénéchal manager of nature interpretation, information and marketing for the NCC. "There's always a lot of people in the parkway sector but there are other destinations in the park that offer different or even better experiences during the fall weeks that are less busy, so therefore more enjoyable for visitors who want to go for a hike without going in the high vehicle traffic on the parkway."

Some of the lesser known areas Sénéchal recommends are the Luskville Falls, the Philippe Lake area and the Wakefield Valley Centre. Those areas will to allow visitors and even residents to explore a perspective they haven't seen before.

It's also recommended to visit the park mid-week to enjoy the "autumn splendor at its tranquil best."

The 4-1-1

- **Where:** 33 Scott Road, Chelsea, Quebec
- **When:** Oct. 2-17
- **Events:** 1. Nature interpretation tours at the Gatineau Park Visitor Centre: Follies of the Fall Forest, Sept. 25-26 and Oct. 2-3: 10:30 a.m. English, 1:30 p.m. French; Oct. 9-11, 16, 17; 10:30 a.m. French, 1:30 p.m. English
  2. Heritage Interpretation at the Mackenzie King Estate: hike organized by the Ottawa Voyageurs Walking Club, dates and times TBA
- **Contact info:** 819-827-202 or 1-800-465-1867
- **Website:** www.canadascapital.gc.ca/fall

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Interpol fails to build on foundation

Interpol
Album: Inerpol
Label: Matador
●●●

Everyone wants to have a strong first disc, but for Interpol, their 2002 debut may have been too good. The New York City-based band has never quite been able to follow up Turn on the Bright Light's brilliant hooks and critical acclaim. They reached a low point on 2007's epic Our Love to Admire, then lost bassist Carlos Dengler last May — you can't help but wonder if Interpol's time is finally up.

Their fourth record doesn't hold any clues to Interpol's future. The band have said that this self-titled disc is a return to their roots — and it does recall some of their first disc's tight riffs and haunting atmospherics, but it's not as captivating. Songs start strong — Lights' slow building verses are stunning, but the track goes nowhere. Summer Well has a nice new wave bounce, but it's missing the hook. The whole album follows that pattern; the songs have a solid foundation, but there's nothing built on top of it.

What's next for the band? This uneven disc proves they have some life left, but if they can't turn good songs into great ones they may want to consider following Carlos' lead and find a new career.

Outstanding track: Barricade ● BRYAN BORZYKOWSKI

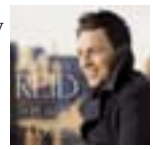
Robyn
Album: Body Talk Pt. 2
Label: Konichiwa/Interscope
●●●●½

The second of three Robyn albums set for 2010, Body Talk Pt. 2 is the more club-oriented yang to its predecessor's pop-heavy yin. With renowned hands like Diplo and Kleerup producing and Snoop Dogg dropping f-bomb-laden hooks on supersonic duet U Should Have Known, Robyn's wistful yet sassy songs own the dance floor. Unlike most sequels, Pt. 2 is harder, better, faster and stronger than Pt. 1. **Outstanding track:** Hang With Me
● CAM LINDSAY

Bachman & Turner
Album: Bachman & Turner
Label: E1
●●●

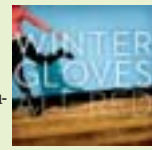
In the '70s Randy Bachman and Fred Turner got no respect from the critics, but plenty from fans. BTO's formula was simple — brief, but scorching, guitar solos soaring over galloping chord progressions and catch-phrase choruses sung with caveman bravado. More than 20 years after the band broke up in a flurry of litigation, Bachman and Turner are back. And they sound exactly the same. The songs have changed, of course. They're all new originals. But the sound hasn't. **Outstanding track:** Rollin' On
● GRAHAM ROCKINGHAM

Johnny Reid
Album: A Place Called Love
Label: EMI
●●●



More gooey sentimentality from this Scottish-born, Brampton-raised crooner who has somehow managed to inject enough honesty into his image to win the heart of an ever-increasing Canadian audience. Songs like Tell Me Margaret, written for Reid's late granny, will turn on the sob faucets, while Rod Stewart-style R&B tracks like Doesn't Get Better Than You will give fans something to dance to at weddings. It's meat pies and maple syrup served from a kitchen where family and first love conquer all. **Outstanding track:** Hang With Me ● GRAHAM ROCKINGHAM

Winter Gloves
Album: All Red
Label: Paper Bag
●●●●



To put it simply, the Winter Gloves are a pop band. They play bouncy, upbeat infectious music that should be agreeable to just about anyone. But the group does a lot more than write fun hooks. Their latest is a big improvement over their debut, thanks to their liberal use of keyboards and effects. Gym Class's spacey opening and fuzzy electro riffs, Use Your Lips' crunchy bass and Tooth Fairy's Of Montreal-like keys point to a new maturity for the group. **Outstanding track:** Plastic Slides
● BRYAN BORZYKOWSKI

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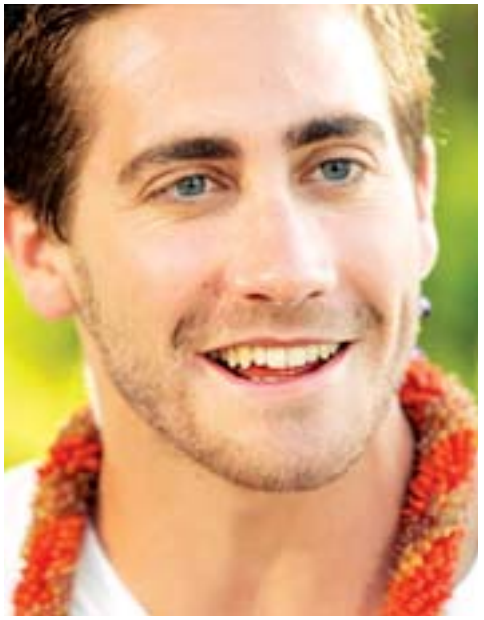

Gyllenhaal and Bilson dating?

Jake Gyllenhaal and Rachel Bilson are reportedly dating, sources tell Hollyscoop, though they're looking to keep things quiet. "They're trying to keep a low profile but they're definitely dating," a source says. Gyllenhaal famously split from Reese Witherspoon last year, while Bilson recently called off her engagement to Hayden Christensen.

METRO

Britney facing sex lawsuit

FREAKSHOW. A former bodyguard sued Britney Spears yesterday, claiming the singer repeatedly subjected him to "repeated unwanted sexual advances" and harassment.

Fernando Flores filed the sexual harassment lawsuit in suburban Los Angeles, alleging the singer intentionally inflicted emotional distress.

THE ASSOCIATED PRESS

▶ Brad Pitt

Pitt-Jolie stake Italian claim

Angelina Jolie and Brad Pitt have added to their international real estate portfolio with the purchase of a $40 million US Italian mansion with 15 bedrooms, two swimming pools and a vineyard, according to the Herald Sun. Located in Valpolicella, Italy, the 18,000-square-foot property also has stables. Jolie and Pitt also own homes in Los Angeles and New Orleans.

METRO

Talking points

Berry big on Dark Tide star

INTER-OFFICE ROMANCE Halle Berry has reportedly been getting cosy with her Dark Tide co-star Olivier Martinez while visiting Paris, according to People magazine. The pair were spotted walking hand-in-hand around the city before stopping for a more intimate moment. "It was the classic 'I'm going to kiss you here in a dark corner' move," an onlooker tells the magazine. "And she was waiting to be kissed."

METRO

Stewart denied groping

WERE THE CAMERAS AND PEOPLE STARING NATURAL TOO? When Kristen Stewart filmed her make-out scene with Dakota Fanning for The Runaways, she was faced with a few restrictions. "Well, she was 15, and I wasn't allowed to grope her. I'm not kidding," Stewart says, according to Hollyscoop. "Everyone's talking about it like it's a huge deal but it was so natural and impulsive. And it's like five seconds in the movie."

METRO

Celebrity tweets

Kanye West [@kanye west] I feel like it's a good day for some shallow tweeting. You can cut the tension with a knife... Lighten up people!

Peter Serafinowicz [@serafinowicz] It is a moral outrage that a US pastor is planning to burn a Korean.

Hulk Hogan [@Hulk-Hogan4 Real] 4am can't sleep. really. Nurses decided after 3days of meds to help rest my back I didn't need it anymore. cool, no sleep no back rst

Diablo Cody [@diablo cody] Beauty tip: Exhausted sobbing can cause self-tanner to streak. Remain calm for at least 3-5 hours after application.

Momsen likes to burn balls

WAIT...NO, WHAT? While Gossip Girl star Taylor Momsen tries her hand at being a rocker, she's been freaking out the musicians in her back-up band. "Taylor loves setting things on fire," guitarist Ben Phillips tells MTV News. "I shouldn't say this. One morning, Taylor got into the studio really early — she'd just had her dog neutered and brought in the bits. Which she then burned. We were grossed out."

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Metro interview

When I called Christian Louboutin, he was in the midst of watching his home country, France, play Mexico in the World Cup.

"Would you mind calling me back in 30 minutes? The game is almost over," he asked with an air of distraction. France lost the game. But was Louboutin heartbroken? Hardly.

"I was betting for Mexico! I was just there. I like that country very much. They have a young crowd, a young team and they're not pretentious. I'm very happy that they won," he said over the phone from Italy where he was visiting his shoe factory. Like his football preferences, Louboutin gravitates toward the unexpected in life. His incredibly sexy heels, which have placed him firmly at the top of the designer shoe food chain, above even Jimmy Choo and Manolo Blahnik, are a testament to that.

What are your earliest memories of fashion?
I was 12. I was in Cannes on holiday with a friend and we happened upon the film festival by accident. We saw a woman being photographed by all these people. She was wearing a long dress in the middle of the day. Her hair was in a chignon. I had never seen anything like this attitude. It was a very fashion moment.

What about your earliest memories of women's shoes?
I was often with my youngest sister, who was 12 years older than I. She was walking up the stairs in front of me. She was wearing cork platforms and I was fascinated by how she could walk in those platforms up six flights of stairs. And I remember seeing the cabaret. It influenced my with showgirls. I didn't know fashion at 12, but I knew wanted to design for those showgirls.

Speaking of showgirls, you did a musical film short for the website FashionAir not so long ago. Is there a part of you that would like to be a dancer?
I've always liked to dance. When I was at a club, I was very much the actor. I was never the spectator. I really like the people at FashionAir, so I agreed to do the short. But it was really painful to watch. I was too self-conscious. And my pants were way up the ass thanks to the suspenders I was wearing.

Your shoes are arguably fashion's most coveted. Can you pinpoint a turning point in your career?
It wasn't necessarily a shift, per se, but I think that September 11th was a big moment for my company. That was 10 years from the year that I started my company in 1991. I had survived after 10 years.

Your shoes epitomize sex for many people. What symbolizes sex to you?
The voice is very sexy. And cleverness s very sexy. Sometimes people can look very sexy on the outside and be stupid intellectually. People who are incredibly flirtatious have to be funny and smart. It's the difference between eroticism and pornography. The difference is what lies between the lines. I do like suggestions. Suggestions instead of pure show. Think about low cleavage, about how it draws the eyes to the breast. It is the same with shoes. I've had a lot of women tell me that it's too much to show toe cleavage in a shoe. They say it's too embarrassing. But I'm like, "You wear sandals where your toes are completely exposed." And they say, "But it's different." I agree. It is different. It's the difference between suggestion and showing everything.

Are there any shoes that you absolutely hate the sound of?
Clogs. I would banish them from the earth if I could. I just don't think it's a pretty sound when you hear women walk in them. It's really wooden, not nice.

Branded

Gap Inc. Canada has launched online shopping in Canada with a three-in-one store that features the Gap, Old Navy and Banana Republic. With a newly built fulfilment centre in Bolton, Ontario, shoppers won't encounter unexpected delays at the border or surprise customs fees — everything is shipped Canada Post. Returns can be done directly in store and, for the launch, shipping is free. Gap Canada hopes this new site will make it easier for shoppers to find their perfect outfit, plus great back-to-school items for kids, any time of day or night.
METRO

These 'divas' hunt and fish: Texas group help women find their outdoor niche

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JACQUES BRINON/THE ASSOCIATED PRESS

▶ A creation by British fashion designer Hannah McGibbon for Chloe as part of her fall-winter 2010-2011 ready-to-wear fashion collection.

Fashion insiders pick fall's must-haves

Experts give us their favourite pieces for this season

Got calendar confusion?

The date says it's officially summer, but vacations are over and kids are headed back to school. And, yes, that is Halloween candy at the store. The fashion world can set you straight: It's the fall shopping season.

And it's a good one, says Nina Garcia, fashion director at Marie Claire and Project Runway judge.

"This is not a season where you have to spend a lot of money to get into the trends," she says. "It's a very conservative and classic season; everything is ladylike or minimal. It's a good season to buy fashion to keep, not a season to buy and toss."

Garcia, author of the new book Nina Garcia's Look Book: What to Wear for Every Occasion, also says there's no reason to wait until it's chilly to wear many of the top fall styles.

The ladylike pumps on her shopping list, for example, pair just as well with a sleeveless sheath as they do with wool trousers.

We asked Garcia for the must-haves on her personal shopping list:

No. 1 on her list is the camel-coloured coat that she says defines the season.

JACQUES BRINON/THE ASSOCIATED PRESS

▶ Oscar de la Renta being showcased at a New York show.

"Almost every single designer showed one," she says. "If you don't have one, it's the year to get one. It's like a pea coat; you can keep it forever."

An bonus, she adds, is that the luxe hue is flattering to a full range of complexions.

There's another coat Garcia says she covets, specifically a Burberry shearling.

"I will have one of those," she declares, allowing, though, that one will have to wait for cooler weather.

THE ASSOCIATED PRESS

Other experts

Three other experts home in on their favourite picks for the season

- **Mary Alice Stephenson, stylist and commentator:** Stephenson already has worn her new Lanvin leopard dress, but you can do animal-print without paying runway prices. Talbots, she says, has a leopard coat worn by Linda Evangelista in its new ad campaign.
- **Liz Rodbell, executive vice-president Lord & Taylor:** Rodbell homes in on two major fashion trends: The aforementioned sophisticated-lady glamour and urban utility. Retro-style fur coats and fit-and-flare dresses cover the refined look, as does the hand-held satchel, Rodbell says. For the more utilitarian items, think anoraks, cargo pants and lace-up boots.
- **Kelly Golden, owner of Neapolitan:** With no hesitation, Golden says she wants Christian Dior's ripped-from-the-runway, thigh-high leather riding boots in espresso brown.

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WALLPAPER WONDERS

Feature wall great place to add bold patterns

HOMES IN STYLE

HEATHER BUCHAN
HOME@METRONEWS.CA

Whether covering an entire room or simply accenting one wall, wallpaper is a striking decorating feature that can add scale, texture and instant pizzazz to your home.

According to Canadian interior designer Michelle Mawby, principal designer of Lucid Interior Design and star of the Discovery Channel's Junk Raiders, today's top three wallpaper trends are bold geometric patters, oversized damasques, and luxurious textures such as leather and silk.

"A feature wall is always a great way to dip your toe into a bold pattern or colour, but make sure your painted walls work with the paper," she cautions.

"You can also consider using paper within wall moulding or on canvases and hung like art work."

When it comes to wallpapering, here are Mawby's top dos and don'ts:

1. Do use sparingly. Don't paper every room in your house. "Pick a feature room like your dining room, powder room or bedroom," says Mawby.

2. Do make sure it blends with the existing colour palette in your home unless you are changing the entire house.

3. Don't cheap out. Ensure you order sufficient quantities.

"It's always better to order extra. Trying to reorder the same dye lot can sometimes be a problem," she explains.

4. Don't ask too many people's opinion. "If you love it, go for it!" she advises.

5. Do consider mixing and matching styles. "Try contemporary paper in a traditional house or traditional paper in a more modern house," she suggests.

1

1 CANADIAN TIRE, $19.99/ROLL

This Floral Silhouette Paintable Wallcovering allows you to paint it to create an exact colour match to your current decor; 12 pattern available; canadiantire.ca.

2

3

2 FARROW & BALL, APPROX. $125/ROLL

The artisanal lotus-flower design on the Lotus Papers BP 2057 wallpaper provide a striking backdrop on an accent wall; farrow-ball.com.

3 FARROW & BALL, $295/ROLL

Although this Orangerie BP 2517 wallcovering from the new Baroque Papers collection of block-printed papers is bursting with intricate detail, its more muted palette lends a softer overall look; farrow-ball.com

4

4 FARROW & BALL, $105/ROLL

The graphic print of this Ranelagh BP 1847 wallpaper featuring an architectural diamond trellis border imbues a sophisticated feel when the light reflects off the gold; farrow-ball.com.

5

5 GRAHAM & BROWN, $69.95/SINGLE ROLL

From the Mode collection, this Darcy White wallcovering with a contemporary circular design adds a clean and classic feel to any room; crownwallpaper.com

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▶ There are many creative and colourful ways to make your rooms more cosy, experts say.

with colours of fall

That nip in the air means it's time to add some warmth to your home Season's perfect for getting organized

Don't be fooled by all the attention paid to "spring cleaning," says interior decorator and professional organizer Kathryn Bechen.

The transition from summer to fall can be an even better time to get your home organized and in shape, since many of us shift our focus indoors.

The approach of fall is an opportunity, Bechen says, to infuse your space with enough colour and warmth to carry you through the winter ahead.

Clean and clear

Late summer and early fall are the ideal times to go through your wardrobe and kitchen cabinets selecting things for donation, says Donna Smallin, an organizing and cleaning guru whose most recent book is A to Z Storage Solutions (Storey, 2008). If you wait any longer, she says, the holidays will arrive and you won't get the donation done.

Be tough, she says: Warm-weather items that you didn't use this past spring and summer really should go.

Interior designer Mallory Mathison advises putting away the plastic and acrylic kitchen items you relied on all summer. Bringing out heavier pottery pieces and baskets will change the look of your kitchen, especially if you use them to display fall vegetables and fruits.

Sort through the remaining clutter that's accumulated all summer and get things put away. Then, Smallin says, clean everything that normally gets ignored: from light switches and light fixtures to doorframes and kitchen cabinets.

Rugs and floors should be cleaned if you've had a lot of indoor/outdoor traffic during the summer. Also be sure to clean summer bedding and linens before packing them away, Bechen says. She advises storing summer items in large plastic storage bins. If you choose opaque ones, rather than clear, label them to identify the contents.

Colours and textures

There are many creative ways to bring in the warm, deep colours and cosy textures of fall, Mathison says. Some are obvious: bed and bath linens, accent pillows, place mats, cloth napkins. But there are plenty of other opportunities for injecting fall colours.

"People think of slipcovers for summer, but you can slipcover a chair with chocolate-brown velvet," Mathison says, and bring a cosy fall look into the room.

Small moves, big payoff

Most of us don't have time to redecorate heavily each season, Bechen says. And we probably don't have room to store a lot of seasonal items.

For maximum impact without too much work, she suggests focusing seasonal decorating on your front entryway and your dining table.

THE ASSOCIATED PRESS

More tips

- Interior designer Mallory Mathison advises clients to swap out white lampshades for warmer-coloured ones when summer ends. "Say you have a black iron lamp," she says. "Using a toffee-coloured linen shade looks so different than a white silk shade. And it casts a warmer glow."
- You can also add warm throw blankets over a sofa or chair. "Look to what's happening in fashion" this time of year, Mathison says. "You're layering your house in the same way to feel cosy ... pulling out a cable-knit cashmere throw the same way you'll pull out your sweaters."

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Go big with small touches

Reflective surfaces like metal, shiny paint can open up small spaces
They also add a little oomph

DECOR MOMENT

KARL LOHNES
HOME@METRONEWS.CA

One of the easiest ways to make a small space feel larger is to use reflective surfaces like mirror, metal, glass and shiny paint. Not only do they help to reflect light around and open up a space, they also help to add a touch of glamour to your home. Here are a few ways to brighten your space while adding a sense of glamour:

Paint all four walls with a high-gloss paint for a super-sheen, light-bouncing effect in a room. Make sure the walls are perfectly smooth; olds walls with the orange skin bumps shouldn't be painted in glossy paint.

Wallpaper one wall

Instead of painting a focal wall of colour behind a bed or in a dining room try adding wallpaper with shine; the wallpapers these days are easily removed when the trend ends, and can add a lot of pizzazz to a room. Other focal walls to add shiny wallpaper: the mantle wall in the living room, behind the bed or behind the television in the family room.

Use metal and glass lamps:

Whether it be a modern chandelier or a table lamp, metal or crystal-style lamps are all the rage and are fantastic accessories to any room as they absorb and disappear into the room.

▶ Mirrors can not only add some natural light to a room but also make it feel larger.

Shiny glass tables

Add a glass top to an old dresser, bar cart or coffee table to add shine and protect the surface. A glassed top coffee table with a metallic frame will add even more sparkle to a room.

Mirrors

Look for bevelled edges and metallic finishes on the frames for a way to add even more reflective glitter to a room. Large mirrors placed on a 90-degree wall to the window will bounce the natural light further into the room.

Silk draperies and metal hardware

▶ Silk drapes are all the rage in home decor.

Silk drapes (whether real or synthetic) are all the rage in home decor and offer a nice way to add a glamourous shine to a room. Accessorizing the drapes with metallic or glass hardware will offer even more punch to the glam-factor.

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Cooking up a kitchen makeover

Simple improvements can make your condo more appealing to buyers Glossy materials work best

If you're thinking of selling your condo, it may be time to look at a few simple but effective improvements for your kitchen that give it a lift and create a better first impression for potential buyers.

The good news is that just about any manufactured component of a kitchen is now available in a wide range of materials, colours and styles. The kitchen and bathroom are the hottest rooms in the house to renovate so that makes it easy to find two or three items that will replace and upgrade what you have.

• If your countertop is laminate, consider either replacing it with a stone top or upgrading the overall look with a wood trim or edge. Ideally, switch to quartz or granite which will help with resale and to achieve an overall high-end look. If you choose quartz — Silestone, Caesarstone, or Hanstone are among the brands available — there are many colours and patterns available, so it will be easy to match existing colours and cabinetry in your kitchen to the countertop.

Natural granite countertops can be more economical, so if you're selling this may be a better option. But for ease of maintenance, colour selection and bacterial protection, the man-made quartz tops are a better choice.

• If you don't need to replace your countertop, you can glamorize the entire working area with a new sink and faucet.

Whether you're selling or staying, go with a trustworthy brand for these products.

There are many cheap imports on the market now of sinks and faucets, but because of the heavy use and visibility of the sink and faucet, quality that comes with a premium brand makes for a relatively inexpensive upgrade. And if you're selling, this tells prospective buyers that you have paid attention to quality even in the details.

• Use materials with a high-gloss or shiny finish. This will freshen up a tired room and always looks new and clean.

A stylish faucet in chrome, instead of the more expensive stainless steel finish, is a good choice as it creates an instant fresh look. Consider a unique design and highly function sink such as a drainboard model.

Even small kitchens can often accommodate a drainboard stainless steel sink, as the drainboard can be installed over the dishwasher, and this additional stainless steel drainer element adds more shine to the countertop which can help if you have an older or laminate top. **NEWS CANADA**

▶ Glamourizing kitchen can help the condo-selling process.

Vinyl flooring has edge

Home remodeling, especially room "makeovers," are on the increase, as many of today's homeowners are looking for ways to improve their surroundings, but at the right price.

Nothing dates a room like an out-of-style, worn or stained floor. And some of today's flooring is easy and quick to install and a great way to stretch decorating dollars while delivering striking results.

There are a number of new, cost-effective flooring options on the market today. Consumers want style, design and performance, and more are choosing alternative flooring options, such as resilient sheet (vinyl) flooring.

"There are many attractive features to today's resilient sheet flooring. It offers superior style and durability, while also being a great value." said Gary Finseth, Tarkett Residential marketing director. "This means homeowners can spend less time worrying about their floors and enjoy the extra time for their day-to-day living.

"Today's vinyl sheet flooring also costs a lot less than its wood and ceramic tile counterparts and is faster and easier to either do it yourself or have installed," he continued.

Unlike the vinyl flooring of yesteryear, the latest resilient sheet floors successfully replicate the look of natural slate, stone, bamboo and hardwood. These floors also come with benefits ceramic tile and wood flooring can't beat.

Besides being far less expensive, resilient sheet flooring, like Farnham, Quebec-made Tarkett FiberFloor, is warm and comfortable underfoot, is water- and moisture-resistant, stands up to scratches, scuffs, stains and indentations, and is easy to maintain.

It's also easy to install. In fact, some new resilient sheet flooring can be installed without glue or adhesive — the floor just "floats." **NEWS CANADA**

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▶ Some fare at Indian Express Food & Sweets.

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LUNCH RUSH

SHARI GOODMAN
FOOD@METRONEWS.CA

People travel from all points of Ottawa to pick up the Indian take-out at this small, unassuming fast food business. It is a popular destination that boasts visits from many famous Ottawa personalities with a wall lining the back of the restaurant displaying hundreds of business cards. You may even catch an Ottawa policeman grabbing a bite in-between shifts.

I'm now in on the secret. This is the best Indian food I've had. The butter chicken was surprisingly not buttery or greasy. Just thinking about the rich earthy orange sauce over soft pulled chicken and Basmati rice makes my mouth water. Here, you'll find the perfect concoction of garam masala, chili, turmeric, ginger, garlic and other secret dashes of spices. The naan on the side was warmed and perfect for soaking up any leftover sauce.

I predict I'll be travelling to this express destination more in my future.

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- **Reservations: No**
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- 125 ml chicken or vegetable broth
- 50 ml balsamic vinegar
- 2 large cloves garlic, minced
- 500 g boneless, skinless chicken breasts
- 50 ml vegetable oil, divided
- 7 ml each coriander and cumin
- 500 g sliced fresh mushrooms
- 125 ml each thin carrot and red pepper strips
- Freshly ground black or cayenne pepper, to taste
- 1.5 l mixed salad greens
- Crumbled goat cheese (optional)

Preparation:

1. In a measuring cup or small bowl, combine broth, vinegar and garlic; set aside for vinaigrette.
2. Cut chicken into 1-cm cubes. In a large non-stick skillet, heat 30 ml of the oil with coriander and cumin over medium-high heat. Saute chicken for about 3 minutes.
3. Add remaining oil and mushrooms, carrot and red pepper; stir-fry for 3 to 5 minutes or until tender-crisp. Stir in vinaigrette and heat just until warm; season with pepper.
4. Divide mixed greens equally among serving plates. Spoon mixture with dressing on top of greens; sprinkle with goat cheese, if desired. Makes 4 servings.

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RONALD MARTINEZ/GETTY IMAGES

▶ Brett Favre and the Minnesota Vikings face the New Orleans Saints during the NFC championship game.

Can Vikings rain on Saints' parade?

With New Orleans still celebrating Super Bowl win, Minnesota looking for some payback

The Saints' first Super Bowl title was so big in New Orleans that Mardi Gras, a revered local institution dating back well more than a century, became popularly known as "Lombardi Gras."

New Orleans' momentous victory over the Indianapolis Colts occurred in the middle of the city's parade season, so the Saints' celebratory ride through town with the Vince Lombardi Trophy was simply added to the lineup. In the following days, players, coaches, team officials and the trophy made appearances in traditional parades as well.

VIKINGS SAINTS

▶ **Time:** 8:30 p.m.
▶ **TV:** NBC, TSN

And while Mardi Gras ended way back on Ash Wednesday, it seems as though Lombardi Gras still isn't over quite yet — certainly not by the looks of the French Quarter, where a massive concert stage has been built on the riverfront overlooking historic Jackson Square.

In the hours before the defending champs kick off the NFL season against the Minnesota Vikings tonight in the Louisiana Superdome, the Big Easy will host a concert featuring Dave Matthews and Taylor Swift, an NFL-sponsored parade and a citywide bash for which a number of schools and businesses have already decided to shut down.

"It's like the Super Bowl all over again," Saints running back Reggie Bush said.

Indeed, Saints owner Tom Benson will show off the Lombardi Trophy once more at a newly completed festival plaza next to the Superdome that has been named Champions Square. Then the festivities move inside the dome, where those with the hottest ticket in town will witness the raising of a 2009 championship banner before kickoff.

The Vikings would like to see the party end right about there, and they have their reasons for believing they can make that happen.

Minnesota outperformed the Saints in numerous statistical categories when they met in last season's NFC championship game and might have won if not for five turnovers.

The Vikings outgained the Saints 165 yards to 68 on the ground and 310 yards to 189 in the air.

In the end, Minnesota was done in by three lost fumbles and two interceptions, the last by Saints cornerback Tracy Porter when the Vikings were threatening to take a late-game lead.

THE ASSOCIATED PRESS

Djokovic moves on to semis

MIKE GROLL/THE ASSOCIATED PRESS

▶ Novak Djokovic celebrates yesterday.

A point that meant little on the scoreboard yesterday in the U.S. Open offered a clue about the difference between a player struggling to reach the top and another who's much closer.

Though a regular swing would have sufficed, 17th-seeded Gael Monfils jumped up, brought his racket around his body and through his legs and hit a trick shot — straight into the bottom of the net.

It was a telling moment in his 7-6 (2), 6-1, 6-2 loss to No. 3 Novak Djokovic — "The Joker" — who can be equally entertaining on the court, though usually more discerning about when to put on a show.

Djokovic, the 2008 Australian Open champion who can do impressions of everyone from McEnroe to Nadal to Sharapova, reached his fourth straight semifinal at Flushing Meadows. The Serb has been eliminated the last three times, including in the 2007 final by Roger Federer, who was scheduled to play Robin Soderling later yesterday.

Djokovic fought through gusty winds at Arthur Ashe Stadium to roll to his victory and now gets two days of rest before the semifinal on "Super Saturday" at the Open.

"These are the worst conditions so far in the tournament," he said. "I don't think the crowd really enjoyed the tennis too much. We did have some acrobacy on the court."

Toronto's Daniel Nestor saw his U.S. Open come to an end. He and American partner Bethanie Mattek-Sands were beaten 6-3, 7-5 by Liezel Huber and Bob Bryan in the mixed doubles semifinal.

THE ASSOCIATED PRESS

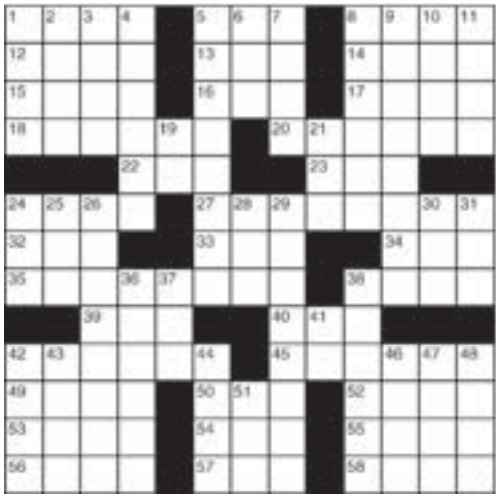
4 sports

Quoted

"I don't follow him because it's just a bunch of nonsense. I don't really care where he goes to eat and so forth, or who he buys dinner for."
BENGALS COACH MARVIN LEWIS, ON CHAD OCHOCINCO'S TWITTER USAGE.

"That's the coaches' decision. I'm just trying to do what I'm told."
BRONCOS ROOKIE QUARTERBACK TIM TEBOW, ON WHETHER HE WILL PLAY SUNDAY IN JACKSONVILLE.

Crossword



Across

1 Bed-frame piece
5 Cribbage scorer
8 Newspaper page
12 Cab
13 The whole enchilada
14 Hemingway or Haydn
15 In the thick of
16 Carnival city
17 "— go bragh!"
18 Pacific discoverer
20 Threaten
22 Squid squirt
23 Longing
24 Longest abbr. on many calendars
27 Nero and Napoleon
32 Eggs
33 Greek H
34 Debtor's letters
35 1974 John Carpenter movie
38 Chess soldier
39 Blackbird
40 Commotion
42 Hardly colorful
45 Lizard's place?
49 Blunder
50 Common soccer score
52 Cranny
53 Competent
54 Geological period
55 "Unforgettable" singer
56 Interpret
57 Kinsey topic
58 Odds' mates

Down

1 Impale
2 Dalai —
3 Botanical angle
4 Morsel
5 Pet bird, often
6 Actor Wallach
7 — onto (snatch)
8 Church key, e.g.
9 Irrational distrust
10 Grand-scale tale
11 Hamlet, e.g.
19 Broadcasting
21 CBS logo
24 Turf
25 A Gabor sister
26 Geometric curve
28 Urban transit letters
29 Seeming displacement, to astronomers
30 Tier
31 Baltimore newspaper
36 Stabbed
37 Sermon subject
38 Swoop and seize
41 Coiffure
42 Culture medium
43 Ear part
44 Individuals
46 Midday
47 Olympian's prize
48 Supplements, with "out"
51 Rage

▶ Yesterday's answer

Sudoku

	2	8	3			4		
	7			4		6		
	6		9		5			
			6				5	
2			7		4			8
	8				3			
			1		7		8	
		7		5			6	
		4			2	3	9	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Would you please GRANT me one wish? That would be to spend more Timmies time with you. Remember humming the theme song? Good times, good times!
LOVE, YOUR LITTLE BAGEL.

To Mr. Panda
I love you with everything I am and ever wish to be. You are my reason to smile. I look forward to our future and our life together. Yours forever and a day. You are the love of my life.
MRS. PANDA.

Happy Birthday Babe I hope you have a great day at work today..
Wishing all your wildest dreams come true. Best of luck for this years and many many more years to come. Cant wait til next August. It will be the best.
Take care
LOVE YOU!!
..NN3453

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You want fame and fortune but you also want privacy and independence. Can you have them both at the same time? Yes you can and current aspects will show you a way to reconcile these apparently conflicting aims.

♉ Taurus April 21-May 21 Any obstacles you encounter today should be treated as interesting challenges rather than major barriers.

♊ Gemini May 22-June 21 There have been a lot of upheavals of late and no doubt you could do with a rest. Today, however, you must push yourself hard one more time because there is so much you can accomplish over the next 24 hours.

♋ Cancer June 22-July 22 You have a great deal of energy and enthusiasm at your disposal at the moment but be careful that you don't go to extremes.

♌ Leo July 23-Aug.23 The planets seem to be throwing up all sorts of doubts and fears at the moment but the good news is they won't last for long.

♍ Virgo Aug. 24- Sept. 22 You are advised not to take on anything new today, because you are doing enough as it is. It might not be easy telling loved ones and work colleagues that you can't help them but your health may depend on it.

♎ Libra Sept. 23-Oct. 23 It is important that you stay in control of what is going on in your life. Do not – repeat, do not – let others make decisions for you.

♏ Scorpio Oct. 24-Nov. 22 Give 100 per cent effort in everything you do today. While others are easing off and looking forward to the weekend you should be cranking it up a gear

♐ Sagittarius Nov. 23-Dec. 21 The changes now taking place in your life may not be what you were expecting but in the long-term they will turn out to be exactly what you need

♑ Capricorn Dec. 22-Jan. 20 It is part of your nature to be competitive, especially at work, but take care it does not get out of hand

♒ Aquarius Jan. 21-Feb. 18 Whatever the accepted facts of a situation, if your intuition tells you there is something not quite right with the official explanation you should be on your guard. The conventional opinion is very often the wrong opinion.

♓ Pisces Feb. 19-March 20 As Jupiter moves back into your sign you will get another chance to move your life in a new direction.

SALLY BROMPTON

CHRIS YOUNG/THE CANADIAN PRESS

Caption contest

WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

MARKO DROBNJAKOVIC/THE ASSOCIATED PRESS

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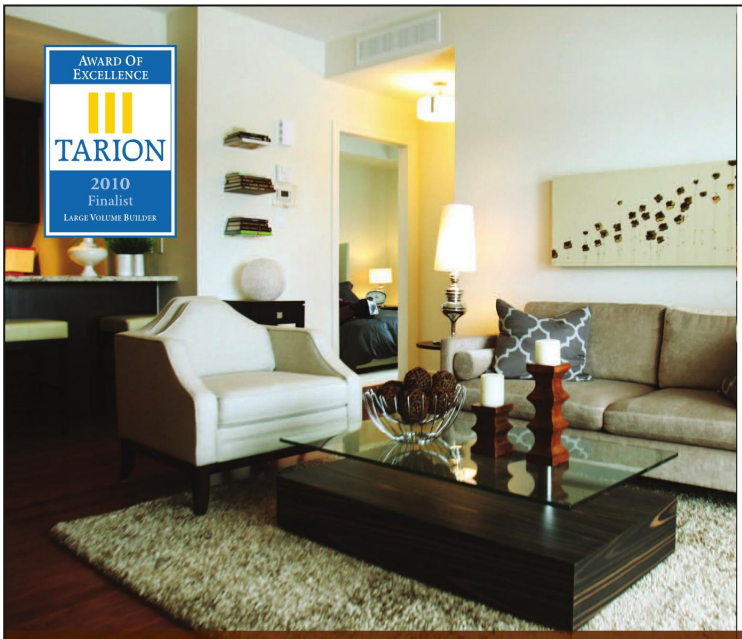
†From September 10 to September 12, 2010. Offer available in Ontario only, excluding Thunder Bay. Offer valid on the purchase total of $100 or more before taxes, in a single transaction. Some exclusions apply. See store for details. ††Offer valid September 11 and 12, 2010 only at participating RONA stores and its other banners. Bonus offer valid on the minimum purchase of $20 in a single transaction excluding taxes, the purchase of gift cards and purchases charged to store accounts. Bonus offer coupons must be presented at time of purchase. Some conditions apply. Details in store. †††Offer valid from September 11 to September 30, 2010 only at participating RONA stores and its other banners. Bonus offer coupon must be presented at time of purchase. Some conditions apply. Details in store. ††††15 Bonus AIR MILES reward miles offer applies to each qualifying purchase of a minimum of: $100 at participating Ontario RONA Inc. locations; and $60 at participating Ontario Metro Inc. locations charged to your BMO AIR MILES MasterCard between 12:01 am on September 11, 2010 and 11:59 pm on September 12, 2010. Your BMO AIR MILES MasterCard transaction must be posted to your BMO MasterCard account by September 30, 2010. AIR MILES Super Bonus Event Bonus reward miles will be credited to your AIR MILES Collector Account up to 90 days after September 30, 2010. You will only receive one 15 Bonus reward miles offer per qualifying purchase. Your BMO AIR MILES MasterCard account must be in good standing. AIR MILES reward miles will be earned on the amount of all eligible purchases, less credits and returns. *®Registered trade-mark of MasterCard International Incorporated. *†Registered trade-mark of Bank of Montreal. **All Rewards offered are subject to the Terms and Conditions of the AIR MILES® Reward Program. Some restrictions and additional charges apply. Subject to availability. Visit airmiles.ca or call the AIR MILES Customer Care Centre at 1-888-AIR-MILES (in Toronto (416) 226-5171). Flight quote is applicable for travel during low season only. ®/™Trademarks of AIR MILES International Trading B.V. Used under license by LoyaltyOne, Inc. Sponsor trademarks are owned by the respective Sponsors or authorized for their use in Canada.



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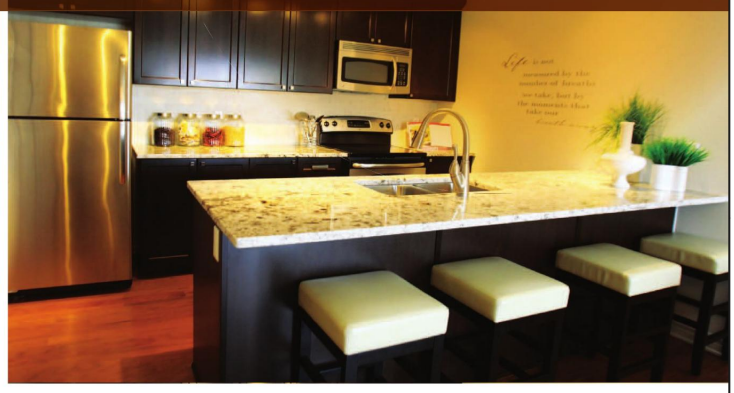

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